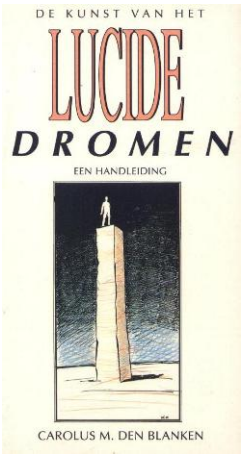
# *The Art of Lucid Dreaming: A Manual.*

## *By*

## *Carolus M. den Blanken*




**Dedicated to all Dreamers who try to investigate in which world they live**

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The Netherlands;1990.**
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Carolus M. den Blanken**

**I wish to emphasize that I am not a professional translator**

# *Preface*

**The topic of this book, dreams during which you are aware that you are dreaming, has within the scientific world become known as 'lucid dreams'. Although the phenomenon now and then popped up, the research on it is from the past years.**
**This has been the result of the fact that Dr.Keith Hearne from the University of Liverpool and Dr.Stephen LaBerge from Stanford University succeeded in providing the scientific proof of the existence of the phenomenon.**
**Other reports provide sensational results. Practically everybody has the capacity to learn to dream lucidly. But motivation and discipline are most important conditions.**

**Lucid dreams offer the possibility to transform your fantasies in dreamreality. Also lucid dreamers don't run away from menacing dreamfigures and situations, but start a dialogue. By this method they gain insight in themselves, because a lucid dreamer is able to interpret their dreamimages 'live'.**
**To induce physical healing-processes seems also to the potentials of lucid dreaming. Those who practice in their lucid dreams their sport, will notice the increase of performances when doing it in daily life.**
**Creative aspects are stimulated by lucid dreaming too. Various artists were in their lucid dreams provided with (basis) elements for their expressions. On the business-area there are possibilities too.**
**There are reports from lucid dreamers who found by means of their lucid dreams solutions for technical problems. That the lucid dreams is an excellent path for selfrealisations seems - in my opinion - in our time where many people are looking for the meaning of life, an extra dimension to start with 'awaking in your dream'.**

**'The Art of Lucid Dreaming; A Manual' is based upon the findings of contemporary lucid dreamresearch, my own experiences, and my contacts with dreampioneers. In the first part I describe how I started with my dreamwork and later began to dream lucidly. My first steps in the (lucid) dreamworld will be described and I will not bypass my fears and doubts. The second part reviews the history of lucid dreaming, offers techniques and tips for arriving and staying in the lucid dreamworld and provides practical applications.**
**The third part gives a review of organizations and persons who occupy themselves with the research on lucid dreaming, gives addresses of the most important magazines on the lucid dream area and further you will find an extensive review on lucid dream literature.**

It offers opportunity for study and provides a helicopter-view what's going on the (scientific) dreamresearch nowadays.

This manual is the first Dutch-languaged book that summarizes the results of the lucid dreamresearch of the past years. Because I wish to exclude every image of "fantasizing", sometimes you'll find between the text an asterix.
It means you are referred to the literaturelist. It offers the possibility to check my sayings. Sometimes you'll notice a ( ). At the bottom of the page you read, you will find further data. I hope with this layout the readability has been maintained.
Although this manual is an introductory one, anyone who has read it is provided with sufficient information to start the own exploring journey.

A book does not arise from a vacuum. The confidence, support and information of many people has contributed to its publication. I think at the lucid dreamers who reacted on an advertisement in a national Dutch paper; the exchange of their experiences and views motivated me continuing my pioneerwork.

I wish explicitly to thank Mr. Ilja Witsel and Mr. Jeroen Vos, both from Amsterdam. Further I am in debt to:
Dr. Christian Bouchet (Paris/France), Prof.Dr.Jayne Gackenbach (Edmonton/ Canada), Prof. Dr. J. Alan Hobson (Boston/USA), Drs. Franz Maissan (Amsterdam/ Holland), Drs. Eli Meijer (Utrecht/Holland), Dr. Morton Schatzman (London/UK), Dr. Christian Stephan (Freiburg/Germany), and especially Prof.Dr.Paul Tholey (Frankfurt/ Germany).
Mr.Viktor Vos (Amsterdam) was kindly enough to review the original text and to comment on it.
He also ploughed through the text with his eyes on grammatical aspects. I think he deserves for it at least a set of new contactlenses.
Whenever I was disappointed in the apathetic and defensive attitude of the Dutch scientific world, Mrs. Marion Verwer (Utrecht) was there to listen to my complaints. Almost mentioned last, her significance can't measured by this position.
I thank my friendly dreamfigures every night, but it does not harm to do it explicitly at this place; in fact it were them who wrote this book.
1990

## Additional:

**This book was published in the Netherlands ten years ago and since then, the field regarding lucid dreaming has changed rapidly, like everything does in life.**

**Lucidity Letter ceased to exist; the leading field researchers Prof. Dr. Paul Tholey and Mr. Carlos Castaneda died; addresses changed, literature expanded, new induction techniques were developed and the Internet became a mass medium.**

**Personally I drifted somehow away from above text. Its inner view, which presents the lucid dream vehicle as 'living in some virtual world' does not completely cover anymore my journeys, experiences and feelings of the last decade.**

**The result of this process I described in my 1997-article 'The Immortal, The Living Dead and The Dead'.**

**Nevertheless, I translated the original text from Dutch into English and made it now -as well as the Dutch edition- free available at the Internet. However I am not a translator by profession.**

**2000**

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## Additional:

**"Maybe Time changes me, but I can't trace Time (David Bowie).**

**When I look nowadays into the mirror, I see faces I never saw before. I travel thru worlds I never expected to explore. (Carolus).**

**Carolus den Blanken/Utrecht/The Netherlands/2005.**

# *Chapter 1*
# *The beginning of my dreamwork*

**I had passed the 30 year-age limits. My relation had been steered upon the well-known rocks and I felt the burden that my life was without much perspective. Each day I felt it was getting boring and boring. I compared it with the period of being a student, during which the energy I had, unloaded itself in visiting popconcerts, going to exhibitions, traveling abroad, playing my guitar, making soundtapes or the writing of (bizarre) stories. All that creativity had vanished as snow for the sun.**
**Of course the new area had also its influence. After the years of flowerpower I found myself - suddenly it seemed - at the decennial of business-attitude, the non-nonsense, the end of daydreaming. Actually, after years of resistance, I had bought from my brother his color-tv and subscribed to a cable-provider. Evening after evening I watched the programs passing. But when I went to bed, I hardly could remember what I had seen.**
**Also, my physical condition was getting worse. My doctor had hardly claimed a thyroid gland-disease or the next disaster was knocking at my door. I got severe headaches accompanied with attacks of dizziness. Extensive medical research was my follow-up and eventually I was labeled as allergic for almost everything what was on the list.**
**I was given the advice to reorganize my household; no carpets, synthetic duvet and pillow, stopping with smoking of course and advisable twice a day my house vacuumcleaning with some mask on my nose. I had the feeling that I could as well isolate myself in some sterile computer-room, dressed in space-outfit.**
**It will be obvious that I was not getting optimistic about all this. What had happened to my boyish-dreams? Did not I had the vision of wondering through the world as a reporter; under barrage ringing my dashing reports to the editors of the most important newsletters? Where was my alternative ambition of becoming a cineast, adored and reviled for the controversial approach, like a Jean-Luc Godard or a Robert Bresson?**
**What had happened to my intention of being a psycho-therapist? Had it not been the reason of studying educational psychology in the seventies? Instead of this I was stucked in some apathetic atmosphere, wondering what to do. Social scientists were not much wanted anymore and the trade and industry had regained its dominant main position in society. Summarized, I was in confusion. Those days I have a very alarming dream.**

**A bunch of savages is threatening me; I flee away from that dark place as quick as I can; I fight my way out and I smash children who block the road without consideration with their heads against a wall. My efforts are in vain. I am seized and with one movement they amputate my head by means of a scythe.**

**Bathed in sweat I awakened. By the way, since a long period I had not been able to remember one single dream. I had to think of a book I had bought several years ago; the author, Ann Faraday (1), had in lucid language sketched the importance of dreams and indicated how everybody could deal with it. We have to honor her for giving the dreamer his dreams back. Since decades psychiatrists and psychologists had claimed the area and suggested that a non-professional is not able to analyze his own dreams.**
**After reading her book I had tried following her suggestions for a short while, but I could hardly remember anything of my nightly adventures. I must add that I wanted to have results quickly. One week of meditating and still not "enlightened", then quitting it. After some time still no dreamrecollection? Stopping it.**
**Also at that student-period I was a heavy user of hashiesh. Maybe that was the reason that I had the feeling not sleeping at all, by being in some "coma". I decided to reread the book and restart my efforts. Maybe my dreams could provide me with knowledge concerning the causes of my uneasiness, because I suspected that some psychological disunity provoked my headaches. What did I know about the condition of my inner world? So, at one evening I put pencil and paper beside my bed and at the manner I had prayed in former days the "Our Father" I focused myself now on the dreampower:**

**"Dear dreampower. I know. I have neglected you for years. You visited my every night with your comfort and lessons. Forgive me. I promise I will listen in the future very well to your voice."**

**If it was due to this plead or not, fact was that the following day I could work with three dreams . I was perplexed of all those images and could not believe it was happening every night. In a book that want to provide you with knowledge concerning the dreamprocess I can't bypass presenting them. On writing this book and rereading them, I notice there are more topics of interest in them than I guessed then.**

**(1) See: Ann Faraday - Dreampower***

## The futuristic elevator

**I am walking through a broad street and must wait for an opened bridge. My gaze wonders to the left and to my astonishment I notice my sister, husband and children behind a window of some restaurant. "What a coincidence they are also here", I think. They wave enthusiastically at me. Now I see my mother and she enters a hotel. I follow her. She steps into an elevator, that brings her to the fourteenth floor.**

**Returned I want to enter it. I notice however that it has been changed into a very small sized one. You have to creep backwards in it. The control panel has two numbers 14. I push at the right one. To my amazement the elevator moves horizontally and stops. The doors opens; two men are preventing me from getting out. "Move away" , I scream, " I am a karate-expert." Then there are some gaps . I am riding on a moped and arrive at a cycling-shop, in which I look at some models, a.o. sport-bicycles. I don't buy anything. Afterwards I am heading into the direction of the sea. In the distance the dunes loom up.**

## The wedding-dresses

**I am at the border of the town Rotterdam. It must be evening or night because it is dark. Anyway I am completely unfamiliar with the surroundings. I know I will meet some guy from some contact- advertisement. Instead of him I meet a guy I know from my student- period. I am astonished ;he seems still studying and living in some student-house. By the way he tells me some friends are coming. Immediately some noisy hippies enter and I want to leave but can't find my tobacco. I search and search and after a while I find it just in front of me on the table. Arrived outdoors I meet a nice girl. It is she who made the text for the contact-advertisement. I jump at the backseat of her bicycle.**
**Suddenly I find myself at the living-room of my elderly house. I say that she is capable of driving fast. She states that we took a cab, but because "you felt asleep" I did not notice it. My brother and father - I don't see them actually but know they are present - want to leave. Now I see my brother and I dressed in long white drapes. I make an association with wedding-dresses. My brother moves toward the door and I yell: 'Mr.Casanova is going! Look out that the mob does not catch you."**

## The naked dog

**I am at some student-house; It seems I have not been here for a long time. The apartment reminds me to my present one: square and modern. A young man enters and I ask him "How did you get in?" According to him, my brother-in-law supplied him with the key. "What!" I exclaim. "I don't like that fellow at all and now he gave you my key? Handle it back to me immediately!" The boy however has disappeared and the videoplayer lightens up and on a screen I perceive the same boy. He undresses himself and I don't think he is very attractive.**
**There are burns all over his body. I hear the doorbell ringing; overaged hippies are in front of it. Luckily they are arriving at my Frisian neighbor. I notice the door being painted with the names of several popgroups and intend cleaning it one of these days.**

**Back in my room I see an old-fashioned wooden wardrobe. I open it and suddenly a big black dog with long hair appears. He bites me several times in my hand and on doing this, a thread of my sweater sticks between his teeth. From own experience I know how unpleasant this can be, so I remove it. The dog is very grateful for it.**
**Together we walk outside and I see he is wearing a raincoat and black old-fashioned shoes from the fifties. On the street there is also a "normal" dog. "Do you see, dogs ought to be naked", I say and take his coat and shoes off . It seems as if I liberated him from a heavy burden. I got strongly the impression that the dog can talk.**

**Remembering and writing down your dreams is only one aspect of your dreamwork. The interpretation however is, especially at the onset, an obstacle. Those who never have focused on their dreams or have labeled them as "nonsense" will notice that their capability to understand the language of dreams is poor. However, you can learn it! I observed my dreams thoroughly but could not make out the head and the tail. Nevertheless, I had the feeling they were important. I noticed that was in all the three dreams an aspect of amazement; something happened I did not expect at all.**
**Like most beginners I flew into a dictionary of dreams. In practical every book on dreams that those dictionaries are of no use at all, because very dreamsymbol can have a different meaning for every dreamer. Well, that is correct, but despite it, it is my experience that every beginner grasps such a dictionary of dreams. I bought a book of Tom Chetwynd* and consulted also a book with proverbs. Although the latter one did not help me on my first dreams, later it proved useful.**

Although you can't in a while "translate" the dream-meaning with the aid of such a dictionary, it is helpful for associating. In Chetwynds book I read at the word bridge: "A transition between two periods in the dreamer's life". According to Ann Faraday's advice I recaptured my dream and started wondering what was the dreamtheme of it. I had to wait. Was it possible that I was unable to let old habits/patterns go? The broad road could maybe be a symbol of the road of my life. Another matter, why was I stuck in the other dreams at some student-complex? Was it an indication that I had "complexes" from that period? And returning to the first dream. Why was I so eager in following my mother?

At that manner I wrestled with the interpretation. Meanwhile the next morning had arrived and again I had caught some dreams. One of them had again a topic with a dog; A dog who changed later in a goose I tried killing by wringing its neck.

It seems that the dog was utmost importantly. What was the meaning of that symbol? I decided to put a cassette in my tape-deck and "to play" the dog as well as myself in some questioning-game. At first I did some respiration techniques by which I got into a relaxed atmosphere. Something
I had not done for a long period of time. This led to the next following "discussion:

**I : "Hey dog, why do you hide yourself in the closet?"**
**Dog: "You really don't know that, you sucker?"**
**I : "Really I don't know."**
**Dog: "Because you are such an asshole I shall take the veil a little off. I hide myself because you never pay attention to me."**
**I : "I did not even know I had a dog."**
**Dog: "Yeah right, I noticed that. Have you never thought of the idea that you are a little dog-like yourself?"**
**I: "That is ridiculous. I am a human being and you are a dog. There is nothing dog-like to me!"**
**Dog : "Oh no? What is hanging between your legs?"**

On the very moment that I, the dog, stated this, it was as if everything felt in its place like the pieces of some puzzle. Of course! That dog symbolized my sexuality. Within that perspective that, in my dream, I had put off his clothes, because "dogs ought to be naked" was not very amazing. Now the boy at my video-player became obvious. He was showing me something, a damaged part of myself.
Now I must add. For many years I was ambivalent regarding my sexual orientation. My attraction went to boys and sirs, but it had not influenced my life in a positive way. I refused

**the fact I was "like that" and it had very often hindered me in the world of passion but also beyond it. It seems as if I were separated by some invisible wall from "reality". So I was on the track of analyzing my dream regarding the naked dog.**

**With the other two I had considerably more troubles. From time to time and weeks later, I had clues and associations. Other dreams appeared with, more or less transformed, the same elements. The trouble is that dreams could be the mirrors of your soul. However, not willingly integrating the messages, it will not be beneficial at all. Translated in psychological terms you make stout resistance.**
**This is not a plea to direct you to some expert. By the way, there are in the Netherlands few experts in dreamland. I believe that with learning moments of course you can find your way.**
**You must be willingly to change. I will present you my final analysis of the above dreams. Not that I am very eager on exposing myself, but it is an example how you can deal with your dreams. I used the method Ann Faraday.**

## Interpretation "The futuristic elevator"

**Dreamtheme: Dependency/independency.**
**Dreamfigures: Me as persona (that's to say, how did I perceive myself in my dream and how did I act?). Sister and family; expression of my feeling for them. Also you start a family when you left your parental home. Mother; mother-figure. Men; rational thinking, act.**
**Clues: Bridge; no trespassing. Stuck in old habits and views. Hotel; lodging for travelers. Restaurant; eating of (spiritual) food. Lift: 'lift-off'. Futuristic; possibilities. Karate; fighting, self-defence. Bicycle; a bike is a very personal way of transporting yourself. Symbol of personal road of my life. Sea and dunes; the water is some ancient symbol, representing the subconscious-ness and refers to the purification process in physical and spiritual sense.**
**Dreamcontent : The finding of the own road of life and acting on it. Independency.**
**Dreamadvice: Reflecting on what I really want. Action to "get ma off my neck".**

## Interpretation "The Wedding-dresses"

**Dreamtheme: Stuck in ideas from the past.**
**Dreamfigures: Me as persona. Boy from advertisement, who is an old-student. Me. Visitors. Former social circle. Girl. Feeling, anima. Brother. That part of me that does not want to have confrontations. Father. The image of some father-figure. Invisible, like in reality when my real father passed away when I was young. No male identification-figure present.**
**Clues: Rotterdam. "Rot" en "Dam" = blockade. (wordplay in Dutch language).**
**Contactadvertisement. Making contact with my subconsciousness by dreams. Student-complex. Complex from student-period. Stuck. Tobacco. Not be able to find your swing. On table. That is the problem and it lies just in front of you. Parental house. There is the cause of your problem. Casanova. I was jealous. My brother was handsome, popular, everything I was not. Wedding-dresses. New associations. At the same time, some image of 'death'.**
**Dreamadvice: Reflect on your youth. What happened to you? What are you feelings about that time. What solutions did you make? How did you confront yourself?**

## Interpretation "The naked dog

**Dreamtheme: Sexuality**
**Dreamfigures: Me as persona. Damaged boy; denial of sexual identity. On doing this I damage my being. Brother-in-law. Shadow. Everyone is inclined to project his own weakness at other people. Dog. Animal instincts.**
**Clues: Student-complex. Old behavior-pattern. Young Man. Not accepting sexual identity. Video. Recorded images. Key. Key to yourself. Accept the denial part and integrate. Hippies. Partly positive, partly negative feelings. Transforming old values into this area. Frisian. Freezing. Dog with long hair. In my hippie-time I had long hair.**
**Dreamadvice: Get rid of your old ideas of sexuality.**

**Perhaps you think you are doing injustice to your dreams by applying such a scheme. You must however bear in mind that dreams must be dreamed, but you have to adjust the working-out to the possibilities of your waking existence. By the way, on using such a scheme with the analyzing of your nightly images, you increase your capability of it. By this learning process you don't need later such a model. Is it not true that a skill has only internalized if you can apply it without thinking about it?**
**By searching sentence for sentence what is happening in your dream, which dreamfigures arrive, which meaning they can have, noticing contrasts, you can learn a lot. Be patient**

**with this process. Associating is very important (deep down inside you know the meaning of all those images, which you have created yourself) and you have to do that in a relaxation mood. If you don't know exactly how to do it, I advise you to read on the subject of relaxation-techniques. You can also attend some course on it.**
**With the previous dreams I had made my first steps in dreaming land. Just dreaming, writing them down, and analyzing is however not enough. You have to act in the waking world to apply the dream-lessons you have got. Don't try to be a perfectionist. The dealing of problems that exist already a long time will be often unsuccessful trying to solve it with one blow. In the worst case you undermine your self-confidence. Cut your goal in small pieces. They did not build Rome in one day. There are good books on self-management with clues how you can coach yourself.**

**My problems were outlined in the previous dreams and the common theme was fear. My entire family knew about my sexual identity with my mother as an exception. I felt she also knew the ins and outs, but it seems there was some unspoken agreement; we would not discuss the topic and act as if our noses were bleeding.**
**Because the pronouncement of certain affairs makes it unreversible. Try it by yourself. Say loudly: "I got big troubles with ..... (fill out your problem). Well, that is not easy, isn't it. Remember you still have not uttered it against somebody else. I said: "I am gay". After I had let escape these three tiny words from my lips, I was startled and corrected them quickly: "I like women too, so I am bisexual." That did sound less threatening and this idea contained some "expanding" element, and I was a fellow who was always "in" for some "expanding".**

**In short, a human being can lie a lot and mostly to himself. I knew I had to tell about my sexual identity openly and clearly against my mother. I carried already too long The Big Lie with me. Never could I fulfill her expectations of her dream of some career-man, dressed in a grey 3-part suit, happily married, providing her with some grandchildren. I had to travel my own way, despite the expecting lamentations and complaints. I admit. Previous sentences sound heroic, but my intention was stiffening me with fear. Unfortunately my mother is a dominant person inclined to have only one vision the correct one: hers. My brothers, sisters as myself had tried to change her attitude, but in vain. My entire family had become very skillfully in the omission of affairs from which we knew it did not live up to our mothers expectations. Weeks I was turning around my decision and then I had the following dream:**

**I want to mount a mountain. The path is steep and dangerous. An old man guides me to an alternate path. On reaching the summit, the thought arise how surmounting? I discover a thick liana and Tarzan is in my mind. What he was capable of, I can do by myself, isn't it? I shall fling myself downstairs and I have only to conquer my fear.**

**This dream was my help and the advice was clear: no talking but acting! On my birthday-party two days afterwards I informed by mother. Afterwards I felt relieved. My correct acting was supported by the next dream:**

**I am in some cave. There is a canal just through it. My youngest sister rambles there too, but my attention is focused on a black miniature-kid. Compared with the rest of his body he possesses a terrible great head. I am very much acquainted with that boy and walked for years with him. To my bewilderment they have amputated his legs, which are lying on some table, situated at the canal.**

**The kid will vanish for ever in that water and drown. I see his belly and he is busy with some meditation- technique. He will disappear from my existence, which is inevitable. I feel a little sad on losing my companion.**

**At the other side I am relieved. I must go my own way and I am not able any more to take care of him. He glides into the water. People standing at some arched bridge jump into the water to save him. I know it will all be in vain. No force in this world can rescue him. The due of time operates now. Nobody is capable to let him live further in this existence. The boy has gone and suddenly Light is everywhere and Buddha arises from the water. He (or I) is honored due to brave behavior.**

**It will be obvious there was no need to schematize this dream. Until now I presented dreams that were qua form and content explainable. It is not always the case. Sometimes I had such complicated dreams I hardly could word them. If I put them on paper, it seemed merely a faint impression of the influence that had touched me during the night. It seems as if these dreams only can be dreamed.**
**Dreams can also be comical, although the humor depends on the dreamer's character. In one of my dreams a well-known Dutch cardinal says in the present of the pope:" Fuck it all off", under the motto:" If it must be said, it must be said." Or the next one, in which I talk with a friend about getting headache, merely as the result of suggestion. Immediately a man arrives and he falls with his head against a kerbstone**

"You see," I say "that is how it works." Some scientists regard dreams as senseless. Nothing more than speculative associations, provoked by physiological processes. I don't want to deny that the content of dreams can be influenced by in- and external stimuli, but as myself concerned, I am convinced that dreams can maintain meaningful messages.

The first two weeks after I had started my dreamwork, my dream- recollection went up and down. Sometimes I awoke in the night every two hours. Then I wrote the impressions and associations down. Another time I could not remember anything. It happened several times that I felt too sleepy for writing down anything. I reacted: "I can bear in mind so easily and clear that dream, so I will remember it tomorrow."
I warn you for this unproductive thought. It is my experience ( also that from other dreamers) that the next morning you can remember nothing or hardly anything from your dream. A single time I noticed during the night only some summarizing words. Words that stared at me the next day and impressed me as senseless. There is only one method for increasing and expanding your dreamrecollection and that is writing your dreams down after awakening. In due time the gaps became less and less and it seemed as if the nightly images became more clear. I could remember also more details. The series of dreams extended too. The number began to overwhelm me.

I must say that in my enthusiasm I wanted to analyze every dream. In many books on dreams you can read a saying from the Talmud: "A dream that is not analyzed is like an unopened letter." Maybe that is correct but the question is if every letter is worthwhile for reading.
On closer inspection I began to recognize patterns. Some dreams exposed repeating themes and I regarded them as containing my main problems. Others seemed a mixture of dayresidue and associated thoughts.

Some were however 'strange'; it seemed as if I found myself at trance. I felt these dreams of another origin, although on that moment it was not very clear what the nature was. I listed persons who were acting in my dreams.
It will be obvious that I put much time and attention to my dreams. I decided not analyzing every dream extensively anymore. I continued writing them down, but only those dreams that were intuitive important, were put to closer inspection.
In that period I read every book on dreams I could lay hands on; scientific ones as well as papers from esoteric- and theosophical nature. I jumped into the conclusion that in due time we still did not know much about the in and outs of dreaming.

True, in 1953 they had proven that everbody is dreaming, but in fact the further research had came into a dead end.

With my scientific background I intended to collect as many dreams as possible, with the aim to provide others with insight in the mechanisms of the dreamworld. I am still doing this and from this point of view I regard my dreamwork also as scientific research, which will be available after my physical death. I want to emphasize however that my starting point had and has a private basis.
I started this chapter with an extensive description of my physical and psychological state. As you understand, I have not exhibitionist reasons, but I wanted to outline what was my starting point on my dreamwork. Now I can claim that after a short while everything worked out fine. That I did not suffer from headaches anymore and that I was energized again.
Well, that has not been the case! I state it explicitly because I don't want to raise false expectations. Growing takes time. Too often popular books on dreams suggest that you only have to dream for solving all your problems. You can dream till the bitter end, but if you don't act during your waking life, you will not benefit from the dreamlessons. In the worst case you signalize your subconscious that you are not taking your dreams seriously. The danger lures that your dream-recollection collapses. I gained by listening to my dreams insight in my hidden wishes, feelings and fears.

As showed I made in waking life small steps to change my situation. In due time I regained pleasure in living. I restarted writing my stories, visited the theatre or cinema again. The frequency of my headaches diminished, but sometimes it hit me in a full blow. Then I resigned and went to bed early. On one of these evenings I had the following dream:

I am cycling in the small village Maarssen. I see youngsters, touring on beautiful sport-bikes. A boy refuses to kiss a girl. Others yell at him that one of these days they will meet him at the COC (The Dutch Association for Homosexuals ). On that very moment I am passing by and I say they are insulting me with that statement, because I am gay. They think I am joking, but when they realize I am not, they exclaim that it was only a joke, and that they did not want to hurt me. Together we are heading to some futuristic skyscraper.
We see some businesspeople leaving. I jump off my bike and I hear something about "the effects of some legacy"
enter the building and want to go upstairs with the elevator. The lift is not large and round-sized. There is glass everywhere so I have a great outlook. But as the elevator mounts I am getting fear. High in the building it stops and by

**some sluice I arrive at the recreation- annex meetingroom. I don't it like at all.**

**The atmosphere stinks to attaining profit against all costs. I experience that humanity has disappeared in here. A kid begs me for a cigarette. I refuse because I don't want him helping with getting smoking. "What is your problem. Can't you charge anybody for it?", he asks. I am getting the feeling that in our time everything is possible, as long as it is at the expenses of others.**
**I continue my way and notice that for the construction of this building an old quarter has been demolished; a part of the village in which there was more life than these sterile surroundings. At the left I see a hippie and I want to talk with him, but I notice my mouth is full with food.**

**I decided to play the different elements:**

**Talk with my bike**

**I: "Hi bike. Where are you heading to?"**
**Bike: "I am heading wherever you steer me."**
**I :"Whoops."**
**Bike: "Where are you heading to?"**
**I: "I don't know. I discover only now that I am here."**
**I: "That is stupid. If you don't look out you are arriving at some point where you don't want to be. E.g. now you must work in this building you don't like at all. If you had thought about it in advance, you had picked a more agreeable spot."**
**I: "You are right, bike. I must think very hard which road I wish to travel."**

**By above "conversation I became aware I was without a definite goal steering through my life. As the result of it, I found myself in situations I disliked. I started talks with the other dream-elements. On doing this I gained insight in the tensions between wishes and reality. "Could it be that these tensions provoke my headaches?", I wondered.**
**Two months after the starting of my dreamwork something happened I did not hold possible before. During dreaming I became aware I was dreaming (1). Instead of waking up, I could retain this awareness of dreaming and on doing it, I could "live" with full awareness in my dream.**

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**(1) I discovered later that this phenomenon was known as "lucid dreaming".**

# *Chapter 2*
# *The first lucid dreams*

**The phenomenon, described at the end of Chapter 1, which I was during dreaming aware of my situation, had been mentioned in the referred book of Ann Faraday. She had only dedicated two pages on the subject. Besides, I had not taken those writings, entitled "The third existence" very seriously. Moreover, I had read books from the American anthropologist Carlos Castaneda*. In one of his books Castaneda was given the advice to put in his dream his hands in front of his face, by which he could realize that he was dreaming.**
**In my view the stories became with every appearing book more fantastic, and I considered them as makeup's, derived from the brain of some inventive person, despite the author's claim that these stories were real.**
**Now it happened to me spontaneously! I was 'awake' in my dream. It all started that I played in my dream a part in the Dutch comedy "Say AAA".**

**From a bird's perspective I notice that a tower is exploding. I am not experiencing it as dangerous, because I know it is just a game. By the way, was that mentioned tower not blown up by accident? Suddenly I am on the ground and in front of me there is some old building. It reminds me at the famous Amsterdam Concert Hall. Next to me some shabby old man is reading the announcements on the wall and he mumbles: "Again three human beings have been born."**

**Suddenly I become conscious, I don't know why, that I am dreaming! It excites me very much. Now I can do everything I wish and there is no need becoming afraid, because it is my dream. Thinking of having sex, I am walking in the direction of the Dam (Central Square in Amsterdam). I see a cyclist arriving and with some movement of my hand I let him stop, kiss him, crab with my hands through his hair and then I give the signal that he can leave. Still I am seeing him laughing friendly looking back. It all seems so real.**

**I raise my hand and look in the distance. People are running and it seems as if they exist from luminosity; it hurts to my eyes. Suddenly I am high in the air and deep down me I see the city with his heavy traffic that linger through the streets. I am so happy that I am flying here free. Above a narrow street I notice some attractive boys against a wall. The thought at sex arrives again in my mind. I descend and consider doing "it" at that street. Everything seems so realistic, and I am beginning to doubt my enterprise. "Who is having sex in public?**

**Suppose it is some objective world, well, then I am getting in troubles?" I say to myself.**

**Deciding to test if I am still dreaming I want to fly again, but instead I jump high into the air. Giant leaps I can make. Adults arrive and amazed they stare at me. I feel ashamed at this childish jumping at my age. Somehow defensive I make some movement with my hand.**
**Then it looks as if the world has stopped; like an inactive film in a projector; a video on standby. I am walking through this frozen_ scenery and I think that I read something about "stopping the world", but where? (Later I realized it was in one of Castaneda's books, but then I was already really awake). Still I don't have any fear. An indescribable joy fills me up. My whole life I had searched for some "separate reality" and now it was here. I am flying again.**

**Under me I see the green railroadbridge where I played as a child very often. Further I see a big lake and I know that is not present in my waking life. I realize that this bridge is located in Utrecht, my birthplace and not in Amsterdam where I am. A couple of teenagers are crossing at their mopeds and with one of them I wish to make contact. On the very moment I make the decision, it seems as if they have guessed my thoughts. They make defensive gestures but using my discovered "stoptechnique" I "freeze" the scenery with the exception of my desired boy who I let 'alive'. I look at him and on the very moment I touch him tenderly he screams very loudly "NO".**

**I startled awake, found myself in my bed and thought that the entire neighborhood had heard that scream. Above experience confused me. Had I been really awake in that dream? Was it not that I had "some dream in some dream?" Had it not been one great illusion?**
**The end of that dream did not please me at all. Not that I had failed a sexual adventure. "Why had that boy screamed so hard", was what I was questioning. Was it possible that sex was forbidden in that other world? Could it be that I had traveled "astral" like esoteric people believe? My God, what had I done?**
**Two weeks after this experience I knew I was dreaming again. The clarity of this dream was remarkable less that the first one. Also the knowing of my situation lasted for just a very short while. One day later however the clarity was increased.**

**I have just met my friend Abel A. I had thought of him. "Do you like meeting me?" he asks. I say that I feel fine with it and that I saw him yesterday in my dream. "Wait a second, I must think over what I just have dreamed." There is from Abel's side complete consideration for that. Then I realize I must be**

**dreaming. I am lucid! To test if this is the case, I jump hand in hand with Abel high into the air. That works out fine, so that I am now really convinced. Doubt arrives however again. Everything seems so realistic.**

**Suddenly I find myself in a small shopping center. At my right there is a bakery and I enter it. I repeat continuously "I am dreaming, I am dreaming.", to remind me of this extraordinary state of mind. I see some candy and from pure petulance I throw it through the shop. The salesladies pursuit me and I know that there is between them a great deal of envies. They yell to the next-door supermarket that I am arriving, which I do. In that shop I smash shelves, throw bottles on the floor and enjoy myself heavily with making chaos in that clean consumer-world.**

**I leave by the backdoor. To my astonishment I am finding myself at the Nieuwe Gracht (street in Utrecht). It seems if I just left the activity-cave from some friend. My gaze wonders to the left and in the distance I perceive a green landscape, green, as I have never seen before. The scenery dissolves rapidly.**
**Some girls below me pull at my invisible legs and I hear them say: "He is a long tall man." Looking down a paper with my name on it is there. I know that long ago a rocket has left, but I can't connect it with anything. Immediately I realize that these girls are students in the educational psychology. Unfortunately I awake.**

**As you can derive from these first lucid dreams I did not influence very much the flow of my dreams.**
**A friend who knew I was interested in dreams, handed me a book, entitled "Creative Dreaming" written by Patricia Garfield*. I could read that my experiences were not exceptional. She described a culture (The Senoï in Malaysia) that applied dreamcontrol.**

**From the book I learned an important principal: Confront in your dream yourself with the danger; Try starting a talk with (threatening) dreampersons and/or situations and transform them into dreamfriends. The thought behind it is that all parts of your dream- world are creations by yourself. If you run away for some situation and/ or person you flee in fact from yourself. I considered it a comfortable idea being able to compare my experiences with those of others.**

**The fact that I was confirmed in the idea that the lucid dreamworld was a world derived from the projections of my sometimes-inscrutable mind relieved me very much. The book contained a literaturelist, and so I started my search. I informed at several psychologists I knew if they knew something**

about the phenomenon, but nobody seemed familiar with it and in their replies I felt skepticism too. Sometime after reading Garfield's book I knew I was dreaming again:

I am walking hand in hand with some street-boy through the city. The kid just took some patat (Dutch snack made of potatoes) off the street and puts it into his mouth. In front of us there is a young woman, dressed in miniskirt. To my view she looks like a whore. The lad and I laugh at her, but suddenly she turns around and says: "I got the very impression that you always ridicule women." On that moment I realize that I am dreaming and conform the advice given in Garfield's book I ask the woman: "Who are you?" Her answer is devastating. She replies: "I am the image that you make of women", and before my very eyes two images emerge; One concerns the Holy Virgin and the other is the Whore. I awake.

The impact of this dream surprised me totally. It was later I realized that her reproach was correct. Was my relationship to women not always problematic? Subconsciously I had put women at some unreachable tableau or I regarded them as "sexobjects". Considering them as human beings had never crossed my mind.
As I wrote before, recognizing aspects of yourself don't mean you change your situation. It is helpful in getting insight in yourself. I forced myself once a week to contact some unknown woman and just listening to her. In due time on doing this I got several girl friends.
What also excited me was the fact that I had been able analyzing "live" my dream by simply putting a question. I admit, still it was limited, but I knew that this method could offer great possibilities as a therapy. Until now it was hard labor to unravel the meaning of dreams. With lucid dreaming the key would be in your own hands. The number of lucid dreams I had by that time was not very much; my average was twice a month.

Some day, or preferable night, I had a very unpleasant experience. The evening before I went to bed, somebody had tried to phone me at half past eleven. I was not in the mood any more for conversations and had not answered it. In the midst of the night I awoke, or anyway I was convinced I had awaked.

I feel that there are people in my bedroom, but I can't see them. They whisper that they must inform me about something horrible. Faintly I got the image of president Gorbatsjow in my mind. The telephone is ringing and I answer it ( P.S. I don't have a telephone in my bedroom, but I neglected that fact completely and did not doubt the reality). Some guy with a southern-Dutch accent is on the line and he speaks very softly.

I hardly hear what he is saying. The man states: "There was a telephone-call for you last evening, isn't it?" I admit. Then he warns me about the "foreseeing of something" and on that very moment I feel that somebody is touching my knee. Suddenly I realize I am living alone in my apartment. Who has intruded it? I panic somehow, and awake.

Slowly I get out of my confusion and realized that my first awakening had not been real. Who told me however I was not still dreaming? I jumped out of my bed and went investigating my house. Everything seemed normal and I had the feeling too that I was really awake. I jumped into the air, but I experienced the gravitation.
Until now I had experienced much pleasure with my dreams, but I was not eager for experiencing the described phenomenon again. I described it, because everybody who starts with experimenting extensively with his dreams can encounter such a happening.

Professionals speak of "false awakening"; you think you are awake, but you are still dreaming. Often this false awakening is accompanied by feelings of threat and fear. If you would realize that you were still dreaming, it could be a door to lucid dreaming. An experienced dreamer asks himself after each awakening: "Is it that I am really awake or am I still dreaming?", and investigate his surroundings thoroughly. By the way, there is a test for this situation. You turn on the lightswitch. If there is no light, you are probably dreaming.
This "false awaking" does not always take place in your sleeping-environment. To diminish your feelings of fear, bear in mind that you are not traveling in another objective world like esoteric people believe, but in a world you create yourself.

Shortly after this false awakening experience I dream walking with friends in the Lange Elisabethstraat (street in Utrecht).

I want to return to some friends I left earlier in my dream. I think: "I just close my eyes and then I will be immediately with them and then there is no need for me walking. Probably by this thought I realize I am dreaming. Although it was not my intention to change my dream- scenery like the following, I notice, opening my (dream)eyes, that the street has remained the same but that I have returned centuries in time. Around me there are thick walls and in the distance I perceive a castle.

There are two kids dressed in medieval clothing. I decide heading for that castle.
Immediately as I turn round the corner two men with swords came rushing toward me. For a moment I am stiffened by fear, but then I pull myself together and say: "Carolus, it is your own

**dream, so there is no need to be afraid." The battle passed off laboriously but finally I defeat them. Immediately someone else dashes at me; he wears a beautiful garment. I know he is the court-knight himself. Again a battle starts and it ends with the fact I cleave his sword. Instantly the man invites me for dinner. His wife arrives and starts preparing the dinner table. Well, the food appears burgundy to me.**

**The knight and I talk about the changing conditions concerning politics, sexuality and relationships. Two youngsters join us. One of them is about fourteen years and does not impress me very much. The other however, about nineteen years old, got extraordinary beautiful long, black hair. I look into his face and recognize his eyes. It's me! Another guest arrives and I think he is about thirty years old. My host claims this fellow being a student, but if you look at him, you would not say that. Then I awake.**

**The dream impressed me very much. Without asking for the meaning I knew that all persons were symbols of parts of myself. I realized I had not acted very cleverly. Instead of fighting I should have putting the question why they were eager to fight with me. Then I had the possibility to make extra dream-friends. Now I could claim a "victory" but it was a meager one.**
**In due time my dreamrecollection had increased significantly. At some moment I noticed however that the lucidity was decreasing. True, often I knew that I was dreaming, but this consciousness was not as clear as before. Other lucid dreamers report the same effect. So it can happen to you too.**

**In my waking life my intuition claimed a bigger part. I don't believe I was developing "extraordinary powers", but perhaps I can clarify the feeling. On the very moment that you are reading these words, there is much more happening than you realize; your attention focuses on this page, but your brain registers for example the ticking of your clock, the sound of some moving car, the singing of birds.**
**Consciously you did not notice it, but your brain did. E.g., you meet people and despite what they are saying you "know" they are lying. Why? Perhaps you registered unconsciously they moved away their eyes on certain statements.**

**I remember one day meeting some acquaintance I had not seen for years. We were talking about this and that and suddenly I had the feeling/image that the man had problems. I asked: " Do you get treatment of some (female) psychologist? Amazed he confirmed my feeling. That I had noticed he had problems I could have derived from his nibbled nails or his nervously moving on his chair. But why did I suppose he was in therapy**

and more astonishing why did I know it was a woman-psychologist?
By the way, some months before, a woman in one of my dreams had informed me that I was sensitive for "underlying affairs".
It is possible that your dreams can emphasize aspects you have not noticed consciously. An example: In the local newspaper an advertisement had been placed concerning the vacancy of teaching psychology. It concerned a part-time function. Because it seemed to fit in my activities I applied. I was invited for a talk, but that went laboriously.

**The following night I had a dream in which a very dominant woman was screaming loudly orders to everyone in her surroundings. The people were afraid and submissive.**

On the next day the parallels with the application talk struck me. I realized that the members of the staff had nodded "yes" on everything the female headmaster had said. They were puppets on a string. I feared that the promised own active role would not validate. Also an authoritative atmosphere would only bring me quarrels, so I withdrew my candidature.
In Patricia Garfield's book I had read you could influence the dreamcontent. Her method was based upon autosuggestion. I decided to try it. Before going to bed I put myself in some relaxation-mood and provoked images concerning the topic I wanted to dream about. In principle it could be everything.
On one evening I imagined I would have sex with the popsinger Prince. It was bingo that night and I can inform you that my experience was very "satisfying".
Another time I intended practicing kenpo. Some months before I had ended my training on behalf of my thyroid disease and the accompanying bad physical condition. That following night I dreamed about other affairs. Three days later however I found myself in a kenpo-dream:

**I am in some room where there are karate-lessons. At a certain moment I join and jump into the air performing a failing salto. I notice I am not dressed according to the standards. Besides my body feels stiff. Then the lesson appears over. My teacher adds I still own him money. Recently he has opened some bank account, where I can find his banknumber. I look at it, but realize that the number can't be right, because it is from some rival bank.**

Shortly after again I have a kenpo-dream:

**The lesson is over and I am lying in my bed. I must think about all my efforts and feel that my career in kenpo has not went off the ground. I walk outside and realize that I left my training suit**

**behind. I re-enter the class and see the following class moving. I search for my outfit.**
**Suddenly I am wearing some short suit whereas my teacher got a marvelous suit. I can't also find my tape. A Chinese Kung-Fu Master arrives, takes a tape, writes some Chinese characters on it. The writings remind me to the Japanese Kanji that I master somehow, but I can't decipher this Chinese.**

**Both dreams reflected my connection with kenpo. Should I start my lessons again? At which stake? The first reason on starting years ago with this sport was the fact I wanted to "move" again, something I was lacking since my preuniversity period. The second reason was the advantage I could practice it individually.**

**However, the main reason was my idea that this sport would join the spiritual qualities with the physical ones. I have not noticed one penny of it.**

**At the beginning I started the training with a total ban on touching each other. Years later I entered the dojo with protectors for my head, crotch, teeth, legs, hands, and arms. The impression was "ready to kill", and the emphasis was mainly on technique. With the help of my dreams I knew I had to search for schools where meditation was an integral part of the lessons.**
**Unfortunately the schools in my birthplace could not fulfil my demands; at a demonstration evening of some school the teacher invited me for a fight with the intention "showing what you can do".**
**Throughout the years I had refused taking part in examinations and as a result I still walked around in the color white and explained this to the man, but he laughed at it. According to him there was no reason to "keep yourself back", which advice I followed, supposing he knew what he was doing. He "danced" around me, while I stayed immobile (I am a lazy fellow by nature) and then he came "in". Evading him by stepping to the left, my right fist moved to his face, with a broken nose as a result.**
**It had not been my intention, but I must admit my secret pleasure of punishing this case of haughtiness. It will be obvious I did not join this school....**
**I decided I was far enough on the road and started practicing myself at my home. It is amazing how you can change your home into a dojo with some slight adjustments. In that period I had a lucid dream again:**

**I am swimming in some lake when I realize that I am dreaming. The idea hits me practicing kenpo. While considering it, I am blown away by some wind. Rapidly it goes and it is complete**

**dark. I experience fear. It lightens up and I find myself in a non-western dojo. On the wall I perceive strokes with ken-po-characters.**

**I notice wearing my black training-outfit, but I don't have my kung-fu shoes. The door opens and a Chinese Master enters. Automatically I bow.**
**There is no speech but somehow there is a form of communication. Moving slowly to the middle of the room, I know it is my task to attack. I move around and want to surprise with a rapid pull out of my right fist, a technique that is my specialization. Before I could complete this action, the Master has grabbed me somehow and I fling into a paper wall. I am getting up and hear:**
**"What did I teach you in former days? Did you become so forgetful?" I recognize the voice of my Chinese friend Maislung C., who trained me one year every day personally during my student-period. Not only in combat-techniques but also in meditation- and respiration- methods.**
**Unfortunately he had moved back to HongKong, and I continued my lessons at some ordinary western shaolin-kenpo school. "Maislung, is that you?" I ask. There is no answer.**

**The Master adepts the crane-position, jumps and flies into the air, changing into a beautiful bird. The colorful bird circles around my head and the "bird" says: "Now it is up to you. Don't be afraid. Jump!" I can hardly believe I am dreaming. I position myself and lift off.**
**Maislung ( or whoever he is ) has disappeared and I find myself high in the sky and glide on the wind. From the corners of my eyes, which show a very peculiar perspective, I perceive below a valley with picturesque villages. They do remind me of pictures in books about native cultures. Somehow still my perspective is distorted.**
**I regard my body and perceive my wings and I am fully hairy with white feathers. I have turned into a bird! The feeling flying around in such a state is indescribable. Unfortunately this experience does not last long. Slowly the surroundings dissolve and I am find lying in my bed.**

**I jumped out of my bed. My entire body was tingling. Enthusiastic I went to the livingroom, where I played from pure joy loudly "Stairway to Heaven" from Led Zeppelin and it was just 6.30 A.M !**
**When my lucid dreams were situated in nonfamiliar surroundings I found it sometimes difficult recognizing the illusory character. Harder it was however when I was at familiar places.**

**Once I dreamed I was at the City when I meet a former classmate. He handles me some lucid dream on paper, because according to him "I am interested in it". I don't know exactly what happened next, but anyway at some moment I am aimlessly flying. In the distance I see some very beautiful houses.**
**I notice the scenery is dissolving. I put my hands in front of my (dream)eyes. Immediately I am pushed backwards with greet speed and it is completely dark. I am getting afraid. When the scenery becomes stabilized, I find myself in the Korte Jansstraat (street in Utrecht) . Reconsider entering a shop for buying binoculars I realize that this is pure nonsense; there is no need for buying anything.**
**By the way, what must I do with binoculars in a lucid dream? I fly a little aimlessly again through the air. I stroke two boys who walk below me over their head. They are looking amazed to each other, wondering what is happening. I see two big statues. The spots focused on them are weak and with a movement of my hand I increase the intensity of the light. Further on there is an ice-cream vendor and without asking the man gives me a tasteful looking icelolly.**

**In the distance I notice the DomTower (highest point of Utrecht) magnificently contrasted against the colorful, almost magical air.**
**I consider flying to the peak and enjoying the undoubtable marvelous view. Doubt arises. "What would happen if I awake there? Then I sit all night long dressed in just my underwear", I think.**
**I decide not taking the risk and instead going to the house of some guy I met recently in a disco. "How astonished he will be when I can provide an accurate description of his flat", flings through my mind. Now I am in a hurry, "cause who knows how long I will remain lucid". I turn around a corner and a young man with rucksack passes by.**
**"Hi Carolus, I have not seen you for a long time. How are you?" he asks. "Well, neither good nor bad," I answer and I got the impression I am very honest again such a stranger. Unfortunately I don't realize asking who he is and shortly afterwards I awake.**

**Several times I lost my lucidity and went on with the normal dreamcondition and also I remember somehow being disappointed in the lucid dreamstate.**

**In a dream I was walking with my mother at we arrived at a crossroad. My mother yelled to some passing vagabond that he must steal my money. At the left I see houses of ill fame. At the right there is a narrow-minded village and I hate it. Then I realize I am dreaming. Hand in hand my mother and I**

jump into the air, staying there stationary. My mother spindles around and I can see her vagina. Now everything darkens; beautiful geometric patterns are following, nevertheless I got the feeling of: "Is that all?"

A remarkable event took place in another lucid dream. The scenery was not as clear as usual and the conditions were different comparing to previous lucid dream. I must think I misuse above words for covering up that I had arranged in this lucid dream a sexparty with some people. Indeed, Prince was one of them.
Of more interest is the fact that I smoked in this dream a joint. I remember very well it was excellent Afghan. It made me super stoned and later, when I had awakened, I still felt stoned! This is not a plea for hashish. On the contrary, anyone who smokes regularly pot will notice that the dreamrecollection decreases or complete collapses.
Remarkable is however that by smoking marihuana in a dream my body was influenced as if I really had taken that substance. I start wondering what the correlation between body and soul was. Would it not be possible for inducing healing images? After all under hypnosis it was possible.

Also I had read something about dreamtemples in the Antiquity (1). People went to it, fasted and meditated and got afterwards some curing dream. Of course, these reports are from the hardly controllable past, but I thought it worth for trying. Perhaps I could do something about my headaches. So I intended in my next lucid dream inducing a doctor. So it happened

I am in my dream in my present house when I became conscious of my situation. I remember my intention and loudly I scream: "Dr. B., Dr.B." To concentrate I close my (dream) eyes and yell again: "Dr.B." A little while it is completely dark and suddenly I find myself on an operating table. A man enters who is definitely not our family doctor. He addresses me with saying that "

In fact today is my leisure day". He is however willing to help me, because. according to him it will only take a short while.
I feel how he puts his hands into my nostrils. It is already over. An attendant enters the room and wants to accompany me to the exit. Feeling attracted to him and decide having sex with him. Without uttering my wish the man starts undressing himself.

(1) See: C.A. Meier Antike Inkubation und moderne Psychotherapie

**I don't like completely the size of his sex. Suddenly it starts growing and growing. I think that with this growing speed, the room will become completely filled with it and there will be no air be left for breathing. I awake. :**

**I don't want to claim that above mental image-technique would be a solution for every medical disease. With regarding to my headaches I can say that after this dream I did not suffer from it anymore. I also tried to cure my thyroid disease. I did not dare doing it at my own, so I proposed my internist. I would stop taking the medicine and he could analyze my bloodsamples on the amount of thyroidhormone. He did not want to cooperate because he did not believe in my method.**
**Meanwhile I had already decreased my medicine-dose. A friend warned me after some days in a dream that I already had once tried diminishing the doses and that it had not worked out very well. I remembered this experience and noticed that my body substained water, the result of insufficient amounts of thyroid-hormone. That is the reason I stopped my experiment. True I evoked some positive mental images concerning my thyroid, but I can't state I cured.**

**At the onset of this chapter I described the spontaneously aroused lucid dreams. Apart from some autosuggestion-techniques that I mainly used to influence the dreamcontent, I did not induce them. By the way, how should I have known.**
**You must bear in mind that the mentioned book of Patricia Garfield provided information concerning lucid dreams, but the book was for the greater part a fabrication of several dreamcultures that supposed to apply dreamcontrol.**

**I still was under the impression that the scientific research on lucid dreaming was on a dead end. At the eighties I discovered the research on lucid dreaming and was provided with several induction-techniques. In Chapter 4 you will find the principles and techniques from modern lucid dream research.**

**By applying these induction-techniques the number of lucid dreams increased and a dilemma in my dreamwork popped up. Until now I had done very little with my lucid dreams. I was glad when I found myself in that condition and if so, mostly I wanted to have fun. Formerly the clarity was not optimal. On living regularly now in that special world, I felt falling down in self-confrontations. That awareness deepened by the next lucid dream and brought it to another level.**

**Lifted with a man, his car stops at the middle of some meadowland. I am saying: "We are driving into the wrong direction." The man answers that it is my own fault because I**

**am responsible for my own choices. I get out of the car and head toward some scattered ruins. People behind windows cast distrustful glances at me.**
**Some farmer directs his panther to me. I think: "A panther in the Netherlands. That is not possible. I must be dreaming." The animal disappears and I decide not changing the scenery but trying to learn something. On the very moment a youngman stands next to me. Without asking, he starts talking about my decision wanting to discover the meaning of Life. I ask:**

**"Who are you?" He smiles and says: "I don't know."**
**That wonders me, but his monologue continues. I must not think that I will ever receive a complete answer, 'cause the illusions are so many that my search will take all my life. Looking back in time at some moment, I will recognize my efforts were not in vain. The Lord provided the human being with enough luggage and that is o.k., because Man will never understand completely the Cosmic Universe.**
**I feel satisfied with his answer, although I have many questions. Again I ask: "Who are you?" The sky breaks and everywhere there is Light. A chorus repeatedly sings "Who are you? Who are you?" Then I knew .....**

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# *Chapter 3*
# *Dreampioneers*

**Throughout the centuries Oriental as well as Western documents mention lucid dreaming. But don't worry, I don't drag you into some dusky past. If you are interested in it, you will find in the literature-list ample books that will help you with your search. I prefer in time and place staying closer to home, although this latter is relative. The first serious work about dreamcontrol namely appeared in 1867 as an anonymous French publication under the title "Les Rêves et les Moyens de les Diriger; Observations Pratiques"(1). It reflects 32 years of conscientious dreamresearch, on which attention was paid to the process of dreaming itself. This latter sounds like kicking in an open door, but nobody had studied it until then.**

**The mentioned book has always been very hard to get. It is known that Sigmund Freud * could not lay hands on it, despite his efforts. Eleven years after the publication, Alfred Maury, a prominent French dream-researcher, revealed that the authorship of the voluminous work must be attributed to the sinologist, ethnologist and publicist Marie-Jean-Léon Lecoq, Marquis d'Hervey-Saint-Denys (1822-1892).**

**Marquis d'Hervey was born at the sixth of may 1822 in Paris as the son of an aristocratic family. From origin Baron de Juchereau, by adoption he became marquis. D'Hervey-Saint-Denys was a prominent member of his society. At the age of nineteen he started studying Oriental languages. Five years before his death there appeared from his hands a book about the Chinese philosopher Confucius. He received the Légion d'Honneur and he has been President of the Académie des Inscriptions et Belles-Lettres. As a professor of Chinese language he was connected with the famous Collège de France. For that reason it is remarkable how little biographical data are known regarding Saint-Denys (2).**

**D'Hervey started at the age of thirteen with writing down his dreams in exercise-books; he says that within five years he possessed twenty-two of them. He illuminated these exercise-books with water-color drawings, based upon his dream-images. A few of these drawings are enclosed at the frontispiece of his book.**

**(1) Translated:Dreams and How to Guide Them;**
**Practical Observations**
**(2) See: C.M. den Blanken & E.J.G. Meijer***

By it we can get an impression of his artistic qualities, because the original exercise-books have never been traced.
His interest in dreams grew to such extensions that he made in later years an extensive study of dreamtheories throughout the centuries. One part of his book has been dedicated to them.
D'Hervey could not agree with the theoretical models of his contemporary dreamresearchers; in his book he agitates against the dreamresearch of Alfred Maury. He also dissociated himself from Albert Lemoine, another contemporary.

Bearing the above mentioned perspective in mind you don't have to wonder why the Marquis let appear his book anonymously. Probably he had no need damaging his scientific reputation. Don't think it does not happen nowadays.... The scientific evidence concerning lucid dreaming had already been established for several years, when in 1987 an article in some Dutch newspaper (1) was published about the Dutch lucid dreamer Franz Maissan*. The authors, two psychologists, used pennames. They too were afraid for blowing up their status.
After 207 nights the marquis developed the consciousness that he was dreaming. He writes how after one year this ability had grown into an almost permanent one. This lucid dream ability did not seem to have left him anymore. How did the marquis explain his dream-images? Well, he said that, on regarding the phenomenon logically, there might be a dilemma. You contribute it to some supernatural force, or you accept that the dreamer deep down in his memory possesses everything to bring these remarkable visions into being. D'Hervey believed in the last option and defined dreams as the representations of somebody's thoughts. According to him the memory was capable of renewing itself. Surprisingly D'Hervey's theory stands close to the activation-synthesis model of the contemporary neurophysiologist/ psychiatrist J. Alan Hobson* of Harvard University.

Saint-Denys describes how he finds himself in one of his dreams in the city of Bruxelles; a town that, according to his sayings, he never visited before. Leisurely he walks through a crowded street. On both sides there are many shops and he notices colorful signs above the passenger's heads. He amazes himself that his memory can create such details. In the distance the famous church of Sainte-Gudule looms up; he recognizes it from pictures. D'Hervey starts studying this street thoroughly on being able recognizing it later.

(1) See: T.Buitenweg & I.Brouwer*

Some months after this dream he visited with his family Bruxelles. He searches for the street from his dream, b
ut his efforts are in vain. Finally he resigns and quits his quest.

In his book he says he was relieved too, because if he had found the street, he had been forced to revise his theory about dreams. Now Saint-Denys stated he was dealing with some psychological phenomenon. However on that moment he did not know how it worked.

Several years passed by and d'Hervey forgot the dream from his adolescence. He has to visit Germany and arrives at Frankfurt. He visited it before when he was young. After lunch he takes a walk and arrives at the Judengasse. He recognizes this street being the one from his dream. During his dream he had focused at some details from a particular shop and now he starts looking for it and he got success.
D'Hervey writes that it is acceptable thinking that he must have walked precedent to his dream through the same Judengasse some three, four years before. He had forgotten his experience. In his lucid dream two topics,the Judengasse and the Saint-Gudule have been connected with each other. By the way it does not explain why these two images in his dream were linked.
Although being autodidactic in the domain of dreams, d'Hervey studied the dreamworld at a scientific manner. Nevertheless, he made mention of mystic experiences in his dreams:

**"Then I saw some sort of embryo, half/black-half/white, struggling in somewhat semi-transparent wrapping that had the shape of an egg. I put my hand on this moving membrane. A child appeared. He put his hands in mine. His body was covered in some amorphous shadow, his head was radiating."**

After awakening, d'Hervey felt strongly touched. Despite the fact he said to himself that his dream was nothing but the labor of some unorganized imagination he could not deprive himself from the thought that this child embodied the dual principle of Good and Evil. He writes that it is impossible not being fulfilled with the present of God, the Intelligence who Knows, after such an experience.
It is not only hard to lay hands on the original work of "Les Rêves" but due to the old-fashioned and woolly French not easy accessible too. The reader of the shortened English adaptation* that appeared in 1982 is less troubled.

Let's leave the 19th century behind us and heading to the 20th century.
The Dutch writer\psychiatrist Frederik van Eeden occupied himself also with lucid dreams. He had many lucid dreams and gave about this in 1913 a presentation to the Society for Physical Research. This society tried to study paranormal phenomenons at a scientific manner. This presentation, entitled A study of Dreams* combined with the 352 dreams on which the presentation had been based, was published posthumously in the Dutch language as "Dromenboek" *.
In it Van Eeden describes his experiences and experiments on lucid dreams. Although he prides himself with his strictly scientific approach, Van Eeden let himself carried away by occult explanations.

You can read about his mention of frequently appearing demons, which he battled time after time. In (lucid) dreams this behavior is ineffective and sometimes even dangerous. On further reading his accounts you will notice that Van Eeden was troubled very much by his sensual dreams. You must bear in mind Van Eeden lived in a rather prudish period.

Van Eeden occupied himself with extrasensory experiments. E.g., by telepathic means he tried In one of his lucid dreams to establish contact with some medium in England, a certain Mrs. Thompsom. Like every lucid dreamer being able calling for desired persons and situations, he wondered about the possibility "awakening" the control of Mrs. Thompsom and sending her a message.
It's amusing reading his efforts, but honesty forces me to say that his claim does not apply to scientific standards. However I don't want giving you the impression that Van Eeden used his lucid dreams only for his ESP-experiments. He also investigates systematically the world of his dreams. An account:

**At the 9th of September 1904 Van Eeden dreams he is standing at a table. He is conscious that he is dreaming. On the table there are several objects and Van Eeden reconsiders what experiments he can do. He starts an attempt breaking a glass by hitting it with a brick. He places a little glass on two stones and hits it. However, it does not break. Then he takes a whine-glass and hits it with his fist with full force. Simultaneously he reflects how dangerous that would be in waking-life. Van Eeden regards some while afterwards the glass and sees breaking it in slow-motion.**
**Van Eeden describes how this gave him the impression of living in some "fake-world". Very cleverly imitated, but with slight errors. He picks up the broken glass and throws the**

**remainings on the street to test if he would hear the jingling. That sound arrives and he notices two dogs running away for it. Probably superfluous to mention the fact that the next day the glass stays completely in tact on the table besides his bed.**

**Regarding Van Eeden's conclusion of being in some illusory world, it is amazing he could not get rid of the esoteric believe of traveling astral. Nevertheless we have to honor him for preparing the road on which other dreampioneers could build further.**

**Some contemporary of Frederik van Eeden was the Russian mystic/psychologist Ouspensky*. My esteem regarding his mystical works is low, but his experiments regarding lucid dreams are worth mentioning.**

**Already in his childhood Ouspensky hit upon the idea to test if it would not possible maintaining consciousness in dreams and being able to think in it. The extraordinary with Ouspensky were that he entered from waking directly the lucid dreamstate. How this technique works, you will find in Chapter 4.**
**Ouspensky described his lucid dreams as "halfdreamstates". He wanted to use his dreams only for studying the origin and structure of "normal" dreams. He did not apply himself to control his dreams. Unfortunately he developed consciousness in his dreams, but simultaneously doing that, he changed also the dreamcontent. This was not his intention. Let's see what he wrote about it:**

**Originally my aim was being conscious in my dream. Soon "falsified" perceptions occurred, that's to say only new dreams. I remember once seeing myself standing in a big empty room without windows. Apart from me there was only a little black cat. "I am dreaming", I said to myself. "How do I know if I am truly sleeping or not? Let I do it like this. I am going to change that black cat in some huge white dog. In waking condition this is impossible and if I succeed, well that means I am sleeping." On the very moment I am saying this to myself, the wall in front of me disappears and some mountainous country becomes visible. It shows a river that meanders through the landscape.**
**"That is strange" I say to myself, "I have not ordered that one. Where would it come from?" A faint memory comes to my mind, the impression I have seen this landscape before and that it is connected with that white dog somehow. However I am aware that I will lose the main part if I continue with this introspection, namely the fact that I am sleeping and that I am conscious of myself."**

Ouspensky concluded that dreams are evoked by physical experiences or by ordinary reminiscences from waking-life. He affirms the possibility that impressions can derive from childhood. At the onset of his dreamwork, Ouspensky was not familiar with the psychoanalytical theory.

Until now I presented you three lucid dreampioneers. They approached their lucid dreams from their point of view. It is striking that they described the phenomenon, but that no practical applications were developed. The same you'll discover at other pioneers in this area, e.g. Mary Arnold-Forster*, Oliver Fox*, J.H.M. Whiteman*, J.H.W. Myers*, Ernst Mach*, Yves Delage* and many others. Their books are interesting for reading but contribute few to the understanding of lucid dreaming. The results of the past ten years have been more fruitful.

That is the reason I renounce of discussing all these pioneers. Their books are however included in the list of literature. My choice does not imply that we are not indebted to them.
Undoubtedly you will have thought meanwhile: "How did scientists react to these reports on consciousness in dreams?" Well, they developed a very sceptical attitude. Alfred Maury stated that is impossible dreaming lucidly. Another prominent dreamresearcher, Havelock Ellis, bluntly said that it could not be done. Freud, indirect familiar with Saint-Denys' work, dedicated in his Traumdeutung* several lines to it, and renew his order of the day. To my knowledge until deep in the sixties there have been published only five articles (1) in scientific papers. They did not evoke much response. There was/is some inclination for categorizing the lucid dream under the chapter "esoteric".

For the "serious" scientist a sign not to involve; anyway if you don't wanna kill your scientific career and status. The unacquaintedness with the subject is great in the Netherlands. If you read this book completely, you know more than the average psychologist or psychiatrist.

In the sixties the topic of the expansion of awareness came into the picture. I guess you know that the search of many people ended with the (mis)use of drugs. In the Netherlands the "coffeeshop" where you can't get a cup of coffee but only hashish, has been the result.
In that period of flowerpower Carlos Castaneda seemed to pop up from out of the nothing. Being a student in cultural

(1) See: H.E. Brown*; H. von Moers-Messmer*; Z. Havlicek*; N. Rapport* & W. von Schriever*

anthropology, Castaneda became interested in the hallucinogenic working of the peyote-plant. On combining pleasure with usefulness he decided to finish his doctoral by traveling to Mexico for doing fieldwork. He met an old Yaqui-Indian who seemed to know much of the effects of plants. This man, named Don Juan, wanted to teach Castaneda, however under the condition that Carlos became his apprentice. Don Juan claimed to be a brujo, a man of Knowledge. So the apprenticeship of our Carlos began. The course of these meeting are described in several books, which had a huge commercial success. After all, a whole generation was looking for a separate reality. Carlos claimed that these descriptions were based upon true events. Later doubts about it have risen **(1)** .
Although you can read in Castaneda's books about non-ordinary states of consciousness, there are some objections. First you must be chosen by a teacher, by which the entrance to these exceptional states of consciousness seems only available to few. Second you have to use specific drugs for arousing these conditions. Third these travels are presented as moving in another objective reality, not being stripped of danger, because there is a danger not being able returning to your old physical world. When you read these reports, you don't feel really invited to reproduce these experiments.

However, on bearing in mind the results of modern lucid dream- research that presents your journeys as traveling through your own mental world, you can still learn a lot from Castaneda's books. Carlos got from his teacher the assignment to learn dreaming lucidly. As a clue he had in his dream to put his hands in front of his face. On doing this, he would realize that he was dreaming. Castaneda stories that he had great difficulty in developing lucidity. That is not amazing. Recent research shows that above method is excellent for prolonging lucid dreams, but it is not effective inducing them. By the way, if you focus your attention to long on your hands, there is a great chance of getting out this lucid dreamstate preliminary.

In 1969 the English parapsychologist Celia Green published her book Lucid Dreams*. In it she reviews books of several lucid dreamers and formulates some postulates. She also describes characteristics of situations that can lead to lucidity: emotional tensions, absurdities, analytical thinking and insight in the dreamlike-nature of the experience. However, these conditions are not an automatic road to

**(1) See: R. de Mille***

lucidity. As long as someone is dreaming he mostly accepts dream-reality as "real." There are many dreamreports with appearances of fantastic looking persons, without leading to the awareness of being in dreaming. The point is that in dreaming generally you don't exercise a critical reflection concerning it. In Chapter 4 you will notice how this critical reflection is the heart of the matter.
Green summarized models for experimental studying of the lucid dream. For a better insight and being able to understand the scientific proof of the existence of the lucid dream I must now enter a side-way. At dreamresearch two devices are important.
First the electro-encephalograph (EEG), an instrument that measures and registers electric activity of the brain. In combination with the electro-oculograph (EOG), which registers eye-movements, they are the tools of the dreamresearcher. To us it is important to know that with a sleeping person there are established regular physiological patterns to notice.
Back to the models of Celia Green. She uttered that the first task of experimental dreamresearch should be to establish how the EEG of a lucid dreamer corresponds with that of a normal one.

Her other propositions regard the investigation if a lucid dreamer is not more than a normal dreamer sensible for external stimuli. Condition is however that the experimenter knows that his subject is dreaming. By the way, based on the last suggestion, in later days dreaminduction devices have been developed (see Chapter 4).

Charles T. Tart, an American who wrote in the sixties a book (1) about altered states of consciousness, also formulated propositions for scientific study of the phenomenon. He supposed: "In what way would it possible establishing a two-way communication-system, on which the experimenter could instruct his subject while that one is dreaming, for doing so and so, while the subject, on performing these commands, would report about his dreamexperiences?"

Tart however did not bring practical methods. Celia Green did. She suggested training several subjects in developing lucid dreaming. These persons should fall asleep without loosing their consciousness. This method for inducing lucid dreams had been used by Ouspensky and also Tibetan yogi's mention it (2) .

(1) See: C.T. Tart Altered States of Consciousness
(2) See: W.Y. Evans-Wentz* & G.C. Chang*

If the subjects after sometime would awake, and if they would state having had a lucid dream, the EEG should be different to that of a normal dreamer. You see that Green's proposal misses at some point the connection with Tart's one. He had suggested of reporting "live" during the dream. Despite these well-meant attempts for delivering a scientific basis, these proposals did not seem feasible. The ordinary public did not care much about scientific experiments. Carlos Castaneda's books were read anyway. Fiction became however science....

Another person who contributed much to the spread of the knowledge that is possible developing consciousness in dreams and also being able to benefit from them, is the American Patricia Garfield*. Being a student in psychology, she got interested in lucid dreams by hearing about some tribe in Malaysia. This tribe, named the Senoï, were attributed applying dreamcontrol. The information about it was published by the anthropologist Kilton Steward*. In later days doubts have been risen about the authenticity of his reports (1). According to Steward the parents of the Senoï-tribe taught their children to apply in their dreams the next principles: strive to agreeable experiences and take care that your dreams end positive and also that you gain some creative product.

Garfield's book is a mixture of several dreamcultures, like that of the Senoï, Tibetan yogi's, American Indian Dreamers and many Dreamers from Antiquity. The work is readable enough and reprinted recently. The principles from the book have with retrospective effects been confirmed by modern lucid dream research.

Years went by and the scientific research came to a dead end. Besides that, after the hangover from the hippie-area, it was not "done" occupying yourself with the research on consciousness. For scientists with career-ambitions economics offered more perspectives... Fortunately for you and me others went grimed on with their efforts. And look, at the end of the seventies the scientific evidence of the lucid dream existence became a fact.

In America the American Dr. Stephen LaBerge was heavily involved in providing the lucid dream a scientific basis. In his book Lucid Dreaming* he states:

(1) See: G.W. Domhof The mystique of dreams *

**"I knew that lucid dreamers are able looking freely at all directions from the simple fact that I had done it by myself. Thinking that on moving my (dream) eyes according to some recognizable fixed pattern I could signal the outer world whenever having a lucid dream. I tried it in the first lucid dream I registered; I moved my dreameyes up, down, up, down, five times in total. As far as I concerned this was the first intended sign from out the world of dreams. The problem however was that there was nobody in that outer world for registering it."**

**Later he contacts the prominent sleepresearcher Dr. William C. Dement. The latter one doubts the ability for lucid dreaming. Nevertheless, permission is granted for doing research at Stanford University Sleep Research Center. The first night at the lab was not very successful. LaBerge had agreed with his assistant Dr. Lynn Nagel on waking him during the night for remembering to dream lucidly. The result of it was very little sleep and no lucid dreams. One month later they planned the next registration evening and now it worked out fine.**

**"Because I now had a dreambody, I decided to make the agreed eye-movements. I moved my finger at a vertical line in front of my face and followed it with my eyes. I got very excited about the fact that I was finally could do it. My thought disturbed my dream and it blurred after awhile. Later we discovered at the polygraph-registration two big eyemovements, just before awakening from a 13-minute Rem-dream. Now we had the objective evidence that at least one lucid dream occurred during an obvious Rem-sleep."**

**At a latter stadium LaBerge was also capable transferring his initials by means of his hand with Morse-signs. Stephen and his associates involve others at the research and repeatedly the results proved positive. In 1981 they can present their findings at a meeting of the Association for the Psychophysiological Study of Sleep. Practically each professional sleepresearcher is associated with this worldwide organization. During this meeting the majority accepts the lucid dream as a true product of sleep.**

**In 1987 already the Englishman Keith Hearne* had described in his dissertation at Liverpool University his experiments with lucid dreaming regarding his test subject Mr. Alan Worsley. Hearne too had been able signaling the outer world. Not much attention was paid to this publication, so Dr.LaBerge got his honor but falsely.**

Let's return to the lucid dream research at Stanford University. Not only the existence of the lucid dream was established, but also that dreams are not the products of inactive brains. On the contrary. During lucid dreaming the brains are very active. Accordingly to the dreamcontent, which can be directed, similar physical changes occur. E.g., test subjects were asked to sing during a lucid dream. Whenever these subjects did it, the brainactivity showed the same patterns as if they were actually singing. The same happened on mathematical exercises. In short, dreaming on doing something resembles reality more than imagining. Another experiment concerned the withholding of breath. The lucid dreamer's respiration influenced the real pattern. Test subjects who dreamed consciously about sex gave also evidence of the correlation between the dreamworld and reality.

They described their experiences as uttermost vivid and satisfying. The studies at the dreamlab showed the same physical changes as if they were making love in the real word; respiration increased, as well as the bloodstream to the sexorgans. Only the heartbeat differed with that of the waking condition and there is no ejaculation. With above findings the link body-soul was put in a new perspective. LaBerge in his book:

"I think our research implies exciting perspectives. The most exciting seems on the domain of philosophy, psycho-physiology and neurology. Which details may seem false in the end, our model seems to exclude dualistic opinions about dreaming, like the traditional view that the soul ( or 'astral' body ) is flying around in the dreamworld completely separated from brains and body. Our results should urge psychologists, neurologist and psycho-physiologist to look for similarities between objective measured physiology and subjective experiences. Maybe our work at Stanford University brought us closer to the day we will discover the structure of our mind in the micro-cosmos of the human mind."

With the experiments of Stephen LaBerge the research on lucid dreaming got a new impulse. It became recently nearly impossible for checking all the publications at this area. A review of the lucid dream literature that I composed in 1988 contained 400 titles. One year later it had increased to 500! Honesty forces me to say that these researches are executed in some centers. If you study the list of literature you will notice which names pop up constantly.
E.g., Stephen LaBerge founded in collaboration with Dr.Jayne Gackenbach at Iowa University the Lucidity Association. This

organization focuses at the research of the lucid dream and publishes twice a year the magazine "Lucidity Letter". Until now it is The platform for scientists and nonprofessionals. In 1987 LaBerge founded his Lucidity Institute. This organization publishes a "Newsletter". For the nonprofessional there is in America the "Dream Network Bulletin"; it informs about latest news, present interviews, reviews books and organizes workshops. In harmony with the American tradition, there is even a comic, Lou Cid, the All American Dreamer.

Closer to home there is also an important research center. At the Johann Wolfgang Goethe University at Frankfurt, Professor Dr. Paul Tholey* occupies himself already for thirty years with lucid dreaming. The results of his experiments are very important for the ordinary lucid dreamer. Tholey examines extensively practical applications. While the Americans recently are quarreling about the topic if meditation is stimulating for lucid dreaming or if lucid dreams are "female" by nature, Tholey travels the inner world of the mind; he and his students report on the (im)possibilities. In October 1987 Tholey and others organized the first European Symposium on Lucid Dreaming. Two years later Tholey started the magazine "Bewusst Sein".

Between the lines I pointed several times to the arrears and lack of interest in the Netherlands. How was/is the situation now? About Frederik van Eeden I wrote before. The network of lucid dream- researchers regards him as an important pioneer. In the Netherlands however there is no high esteem for the man. The reason is that he was involved in spiritualistic experiments.

In the twenties the Dutchman W. Leertouwer* published a book about dreams. He reviewed in it prominent dreamresearchers and dedicated an entire chapter to the "father" of modern lucid dreamresearch, the French Marquis Saint-Denys. We have to wait until the mid eighties before the topic appears again. In 1985 two publications appear at Amsterdam University (1).

The Dutch scientific world keeps herself aloof however. I contacted several psychologists, but they reacted skeptically. I discovered there are several dreamlab's here. They are however completely focussing at the physiological process of the sleep and not at the psychological aspects of ( lucid) dreams.

(1) F. Maissan* & J. Vos*

A prominent researcher with whom I phoned, told me bluntly that "this lucid dreaming stuff seems nonsense to me" and he practically ordered me "putting something on paper and sending it to him." I did not! I think the time has arrived for founding some Dutch Research Dream Center.

Professor Tholey told me that he too met heavy resistance from his scientific environment. He was even forbidden to publish his results! Fortunately he did not obey. Anyway, you got the advantage of taking benefit of modern research. The inductiontechniques and applications that I describe in the next chapters are based upon recent scientific investigations.
For a complete understanding it is necessary I examine the terminology "lucid dream". I described it in my Preface as a condition in which there is during dreaming awareness of the fact that one is dreaming. There are however lots of people who are ending their nightmares by saying to themselves: "It is only a dream," by which they awake. I would such a dream hardly labeling as "lucid".
Professor Tholey defined lucid dreaming as follows:

## Definition of lucid dream

**A lucid dream is a state of awareness, in which you are dreaming, but simultaneously noticing everything as real like in waking condition and in which you are free to act; even more than in waking condition because you will survive all dangers, because:**

- **One is completely aware of the fact that one is dreaming;**
- **One is completely aware of the possibility to act;**
- **The condition of this state is not clouded in any way;**
- **All senses are working just like in waking condition;**
- **There is a complete memory to life in waking condition**
- **and in waking and lucid state there is a complete memory to the lucid dreamlife;**
- **There is insight what the dream is symboling.**

All conditions are not fully complying in every lucid dream. The latter one is even limited to experienced lucid dreamers. You will remember I described in Chapter 2 some lucid dreams in which I made errors regarding my thinking and acting process.
I mentioned the fact that in a lucid dream I did not fly to the DomTower, because I was afraid "waking there up there in my underwear." The English psychiatrist Morton Schatzman writes in his introductory comments at the English adaptation of Saint-Denys' book*, he feared theft (!). For that reason he locked in his lucid dream his bike.

**You too will make "thinking errors". However, with gaining more experiences in lucid dreaming, the visual and mental clarity will increase. Even very experienced lucid dreamers are not free of " distortions" in the thinking process during dreaming. In Chapter 5, I hope it will become clear how above characteristics are linked with the applications and why it was necessary mentioning it.**

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# *Chapter 4*
# *Learning to dream lucidly*

**Recent research proves that practically everybody can learn to dream lucidly. Motivation and discipline are however the keys to the lucid dreamworld. All methods that in the present and next chapter are mentioned are examined scientifically and proved their practical application.**
**If you follow the instructions you will eventually experience your first lucid dream. If you are lucky you "awake" in your dream this night, and in the worst case it will take several months. On the average you may need about five weeks. I stimulate you for sticking to your efforts. Individuals whom I explained the induction-techniques already complained after three weeks that they still were not dreaming lucidly . It is a pity that they often quit for that reason their efforts.**

**Apart from the fact that motivation and discipline play an important role, I must say that the use of certain drugs influences the dream-collection in a negative way. E.g., sleeping-tablets and tranquilizers are not favorable for your dreams, neither is the smoking of hashish. In the first chapter I pointed out that smoking pot collapses your dream-recollection. By the way, alcohol does not seem beneficial too. Some medicines decrease the dreamprocess. Your doctor can inform you on this subject.**
**If you start with your dreamwork, you will find out soon enough what you have to do and to drop for keeping your dream-recollection at a good level.**
**If you stop paying attention to your dreams, the return of your dream-recollection will take awhile.**
**There are reports that some people who begin with dreamwork start suffering from headaches. Marquis d'Hervey-Saint-Denys mentioned this phenomenon too. He supposed you could describe it as a sort of "mental muscular pain". Just like you can expect muscle pain after neglecting your body for years and starting moving again, the mind may produce a similar effect. Correct or not, experience shows that at a restart of your dreamwork this phenomenon does not occur again (1) .**

**I advise persons who are very afraid and/or having troubles with discriminating between fantasy and reality, not to participate in lucid dreaming without professional aid!**

**(1) See: H. Irwin* en A. Comfort***

Like you could read in the previous chapter, the dreampioneer Marquis d'Hervey-Saint-Denys developed lucidity by increasing his dream-recollection. For that reason he wrote his dreams down. He noticed at first the up and down going of this memory, but also that it improved in due time. E.g., he wrote:

**"14th of June. Last night I did not dream, or rather, I don't recall anything, because it seems impossible that I passed a whole night without dreams".**
**"7th of July. Suddenly I remember a dream that I had some weeks ago at a Thursday, but that I could not remember then..."**

After two months of recording my dreams I discovered that I was dreaming. I can confirm the variations of the dreamrecollection. My first dreams were rather clear. Two weeks later however I wrote in my dreamdiary:

**"13/14 February. Dream about corpses. I forgot practically anything of it. I only know it dealt with the burying of dead people. The remainings laid in two rows of three persons. The question arose if these bodies were taken care for properly. No feelings of fear."**

**Tips:**

**An improved dreamrecollection cannot only lead to lucid dreams, but is a basis condition for the induction-techniques!**

This book focuses on the topic of the lucid dream. Much information how to deal with your dreammemory and techniques for analyzing your dreams you will find in the previously mentioned book of Ann Faraday*.

Prepare yourself for your dream. Beware of stepping into your bed exhausted and full of stress. Take time for your sleep; an average of about eight hours is usually sufficient. Intend recollecting your dreams tonight.
Maybe a "prayer" like I described in Chapter 1 will do fine. With it you suggest your dreampower that you will take your dreams seriously. Put pen, paper and flashlight beside your bed. Of course you can also use a recorder. Experiences with it differ. Some people mumble ununderstandable in it, others swear at such a device.
Watch out that you are not awakened abruptly by radio/ alarmbell/telephone or your children/partner. Often your dream-images disappear as snow for the sun.

If you awaken, keep your eyes closed. Start remembering your last dreamimage and think backwards. If you don't

know anything, start reflecting on your activities the day before. Which persons did you meet? What activities and feelings you had? Sometimes spontaneously images arouse by this process. If the latter option does not work too, turn your body very slow in the opposite direction; keep your eyes still closed and start above process all over again. Don't take too long for revitalizing your dreamimages; five or six minutes is enough. If you involve yourself too long, danger lurks you fall asleep preliminary.
Whatever it is, write your dreamimages and associations down! Don't censor anything. Don't make the mistake of thinking that you will remember them the next morning. You won't!

Let's assume you succeeded in catching some of your dreams and that you wrote it down at night. Now we write it out in the dreamdiary. Examples how to deal with it you will find in Chapter 1. The method is from Ann Faraday. By occupying yourself with dreamtitle, content, clues etc. you participate at an active manner and stimulate your dream-recollection. Consider your dreampower as a good friend who needs attention.
The next step is the process of unraveling your dreammessages, which is for the novice at first hard labor. The analyzing-techniques relate to the theoretical ideas from which you start, for example, psychoanalytic, Jungian, Rogerian, Gestalt etc.

With lucid dreams you got an excellent tool for analyzing your dreamimages "live". How it works, you will find in the next Chapter. I would nevertheless advise you to make yourself familiar with the "conventional" methods and refer you to Chapter 1 and Ann Faraday's book.
"Why using a dreamdiary, if you can interpret your dreamimages live?" I hear you say. The first argument I already suggested, but I want to emphasize it again.

**By recording your dreams, you stimulate your dreamrecollection and this is an absolute must for lucid dreaming!**

Secondly, on studying your diary it will show which themes, persons and situations pop up repeatedly. If you get more acquainted with lucid dreams you can evoke these subjects and learn what they mean for your personal life.
I will not deprive you from another important argument: being able directing lucid dreams until a certain extent, danger lurks you show resistance by evading essential aspects of yourself by changing nasty images into pleasant ones. Your normal dreams will function as feedback tool and inform you about it.

They can also give you advice if the interventions you did in your lucid dreams are beneficial. Condition is however that you understand your dreamlanguage. So learn it!

For learning dreaming lucidly there are two different views. There are methods that focus on becoming lucid during dreaming. Others offer techniques for entering the lucid dreamstate directly from without the waking condition. You have to explore which method you like the best. The second method is not an easy one.

## Techniques for getting lucid during a normal dream:

### Critical Reflection

Professor Tholey of the Johann Wolfgang Goethe University developed his Critical Reflection Technique. The principle is based upon the following thought:
In your dream generally you accept dreamreality as "real". If you would examine it thoroughly, you probably could recognize the illusory character and become lucid. On regarding during daytime the environments critically for one minute, asking yourself the critical question "Am I awake now or am I dreaming?", pretending not to know if one is awake or sleeping, this attitude will sooner or later be transferred to the dreamstate.

The mistake with this technique is that you perform the critical reflection superficially , because you are already sure that you are not dreaming. Ask yourself if there are remarkable or incongruent things. Are you still living in this house? Are there unfamiliar persons near you? What did you do fifteen minutes ago? With this last question you can check if it is possible of being in that place. In dreams "scenery" and "time" can change rapidly.
In one of my dreams, I raised the critical question and found out that I just traveled through Morocco and a little while afterwards, I was in my dwelling-place. By it I realized I was dreaming. In another dream I raised the critical reflection on being in some studenthouse. I thought: "It has been for years I graduated and I don't live here anymore." I became lucid.
By the way, dreamreality can deceive you, so that you assume you are awake and still you are dreaming. Even very experienced lucid dreamers sometimes trap in it.

The critical question has to performed about ten times a day for one minute. Personally I experience this method as an agreeable one. You can do it anytime, anywhere. Some

people told me experiencing difficulties in remembering their intention. A simple solution is writing down a "L" on the palm of your hand. You use your hand so often that you will be reminded asking the critical question. It is important to exercise systematically. Not one day 24 times and two days not at all.

## Linking of situations

If you discovered that in your ordinary dreams you are afraid of e.g. dogs, you can link the critical question to that subject. Every time you see while awake a dog, you ask yourself if you are dreaming or not. Every repeating situation is in fact suitable. Limit yourself however to one link. Consult your dreamdiary which image pop up regularly.
I told you that Carlos Castaneda got the advice of putting his hands in front of his eyes. It took great efforts from his part. Now, even if you manage to bring your hands in front of your face while you are dreaming, it does not help you much if you don't ask yourself the critical question. If you don't, you probably don't realize you are dreaming!

## Autosuggestion/hypnosis

As I wrote before, Patricia Garfield uses an autosuggestion-technique. She said to herself that she would have a lucid dream and according to her she had one. Research proves that this technique works fine at the onset (1), but the power of it decreases gradually. I would not advice you using only this method, but to combine it with others. Instead of suggesting yourself that you shall be lucidly dreaming tonight, it is better to suggest that you shall put the critical question, "Am I awake or am I dreaming?" .
The power of the autosuggestion increases if you bring yourself before in a relaxed state. E.g., put on some quiet music. Lie down on the couch. Follow the movement of your breath. Whenever you are feeling complex relaxed, you give yourself the suggestion. If you are familiar with the principles of self-hypnosis, give yourself then the posthypnotic suggestion that you will put tonight the critical question. Generally women seem better than men responding to hypnotic suggestions (2).

(1) See: D. Wallin*
(2) See: H. Klippstein*

## Mnemonic Induction of Lucid Dreams ( MILD )

Dr.Stephen LaBerge developed his Mild-method and it works as follows: First, before falling asleep, you must intend waking up early in the morning. Whenever you awake, you run mentally through the dream you just had ( or another dream, if you forget the last one), as long as you need for knowing the dream completely by heart.
Secondly, you repeat the dream, but now under the condition that you know that you are dreaming that dream, so you act as if you were lucid during that dream- occurrence.
Third, get out of your bed and join some activity for about ten minutes.
Fourth, get into your bed and repeat above steps, until you fall asleep. This method is a combination of a mental image-technique, linked with auto-suggestion.

## Making an appointment with a dreamfigure

This method is not one for inducing your first lucid dreams, but for getting more lucid dreams if you already dream lucidly regularly. You make in your lucid dream an appointment with some friendly dreamfigure for pointing you the next time he is appearing in your dream to the fact that you are dreaming. Dreamfigures intend to honor obligations. By this technique you can dream all night long lucidly.
I remark that for special reasons, I don't reveal why, you have to choose for this "dreamgard" a person who was favorable to you from the very beginning he appeared in your dreams.

## Techniques For Direct Transfer From Waking to Dreamstate

### Image Technique

As I mentioned before, Ouspensky and Tibetan yogis transferred themselves direct from waking consciousness to the dreamstate. Esoteric books usually give clues on this subject.
All methods however are directed in maintaining consciousness while letting the body falling asleep. I use the following technique: I am lying down and start counting 1, I am dreaming, 2, I am dreaming, 3, I am dreaming. Gradually I notice the decreasing of outer world impressions and how my body stiffens.
The next step is seeing purple-red geometric patterns. The skill is not paying attention to those forms, or internal thoughts. By the way, from person to person it can differ.
Maybe you don't perceive geometrics at all, but different colors, different images. It is also possible you perceive "cracking" sounds, voices etc.

**After this phase a white clear "screen" pops up, on which there are slight short images, e.g., the face from a friend, some vase, a candy, my computer, bike. Anyway, whatever my unorganized mind can produce. Slowly those single frames change into series, which stabilize for example in a scenery of some street. If that scenery stabilizes, it is the art to let you "glide" in that image.**

**For example, before my eyes the beach of Al Hoceima crystallizes. I see the sea and the clouds. High at the air the seagulls are flying their life. At the left I see a man riding on a donkey and I let myself involve in that image and the next moment I sit on that animal. It sounds easy, but I assure you it's a hard method. Often I fell asleep during this technique, without maintaining my consciousness.**

## Body Technique

**I described that I transfer myself into some image. It is also possible evoking some "out-of-the-body" experience. The variations are many. The beginning is the same as described with the image-technique. On the moment that your body is completely stiffened, you start moving your body again. Move first your toes, then your hands. The next move is stepping out of your bed with your "dreambody". You can also imagine that you let your dreambody lifting up in the air, or falling through your bed. You might also let it "awaken" in some completely different room, space, solar system.**

**The possibility is there that you can see your physical body lying in your bed and that you dreambody is connected with it by means of some golden string.**
**I emphasize that you consider that you did NOT leave your physical body. The body in your bed as well as the golden string is a dreamsituation. You are NOT in another objective reality.**
**Esoteric men have warned not to break this "astral" string. Their assumption is that on doing this, you are not able to return to your physical body. Throw away that mystic luggage. Scientific research proved that it is not valid.**

**Prof.Tholey, and many others (included myself) have broken this string, without consequences. There is never a problem for waking up, because you never left your body. If you wish to leave a lucid dream ( I can't think why you should) focus your dreameyes at one point. After about ten seconds your dreamscenery is blurring and you will be awakening.**

## An "astral" report from Oliver Fox (1):

**February 6, 1916. Foundry Laine, Southampton.**

**"On this occasion I experimented with a definite object, to visit Mrs. X at her house in Lumsden Avenue, Southhampton. On retiring for the night, I lay on my right side, keeping as still as possible and taking deep rhythmic breaths. I did not concentrate on Mrs. X., but on the preliminary stages of the experiment, as I wanted to pass into the Trance Condition without losing consciousness even for a moment. In this I was quite successful. After the breathing had continued for sometime, I noted a curious sensation in my physical eyes, as though they were rolled upwards and squinting slightly. At the same time all my consciousness seemed to be focussed upon some point situated in the middle of my brain, perhaps in the region of the pineal gland. It occurred to me that I was "concentrating inwardly", as some occult students term it. For some time I continued this concentration, and more and more it seemed to me that all my incorporeal self was being condensed about this central point within my physical brain. Soon I began to feel a numbness stealing over my body, extending from the feet upwards and gradually stiffening into a painful rigidity. I now seemed to be in a state resembling catalepsy, even my jaws being bound together, as though the muscles had changed into iron clamps. I was still in darkness, my physical eyes being tightly closed and rolled upwards; but now I had the sensation of possessing another pair, and these non-physical or astral eyes I opened. It will thus be seen that I actually passed from waking life into the proper trance condition without any break in my consciousness.**

## Mirror-Technique

**"Magical" literature often mentions this technique. The method is focused on stimulating an "out-of-the-body" experience. The German Klaus Stich* did extensively research on this method. It works as follows:**

**Put yourself in front of a mirror. If this one is small or big, you must keep such a distance between you and the mirror, by which you can see your whole mirror-image in it. Regard that image for several minutes. Close your eyes and image seeing your mirror-image. Continue with your efforts until you do.**

**(1) See: O.Fox Astral Projection*.**

Pay especially attention to the characteristics of your facelf you succeed in creating an exact copy of your true image, you transfer your consciousness in this mirror-image Now you are prepared of looking at your "original" body from the mirror- image or you are about to travel (1). This method is a very hard one and only experienced lucid dreamers can have access to it.

## F.A.S.T.- Technique

Dr. Keith Hearne* developed the F.A.S.T.-method, which is based upon the "false-awakening"-phenomenon. This technique tries to evoke it with purpose. This technique requires the assistance of another person. You make with this helper the agreement that two hours before you really want to get up, he will enter your bedroom every half an hour and whisper some words to you or call you up slightly. I will almost add: "Who do you get so mad performing this for you?"

Because you imprint in your mind the expectation that you will be wake up, it can occur that:
- you don't wake up at all;
- you really wake up;
- you wake up, but glide back in the dreamstate without knowing that you really awoke for a while;
- you wake up and come to the realization that you are not really awake.

Only the last option can lead to lucidity. It is important that after each wake-up you ask yourself the critical question. Are the interior and shape of your bedroom according to reality? Are you aware of strange sounds? Is the person who awake you really the one with whom you made an agreement?

I don't think that this method is very valid for someone who never has experienced a lucid dream. Not because I think this method is ineffective, but because the false awakening often leads to feelings of fear and threat.
An example of somebody who worked with this method (1):

**"With the aid of my girlfriend I tried your technique several times. When a friend of mine however acted as my helper, I dreamed that I was talking about this experiment. Everything seemed realistic, but suddenly I realized that something was wrong about my bedroom; the shape was not fine. I said that I was dreaming and I got excited and tried to switch on the light, but it did not work.**

(1) See also: B. Nossack* en D.J. Hillman*

**That was the evidence that I was really dreaming. I watched several objects carefully and then I awoke."**

## Lucid Dreaming With The Aid Of Dreamdevices

**Scientists who occupied themselves with lucid dreamresearch were for their work dependent on lucid dreamers. It was they who were in the sleeplab connected with the E.E.G en E.O.G- machines. Unfortunately, not every time such a testsubject became lucid, but of course it took time, money and work force. For that reason researchers wondered if the chance of becoming lucid could not be increased. The hunt for some "induction-device" began.**

**Dr. Stephen LaBerge* recently developed his "Dreamlight". It is some mask that you have to put on your face before going to sleep. Indeed, it looks like Zorro!**
**Whenever in the night the eyes start rolling rapidly, the mask displays some red light. It will appear in your dream. There is no guarantee that you will become lucid. Still, you have to link it to the critical question.**

**In Germany Dr.Jack Reiss* released his compact dream-induction-device. On this moment it is not clear in how far his machine has passed the experimental phase. The same applies to the acoustic devices of his fellowmen K. Stich* en H. Kern*.**

**It all concerns devices that give the dreamer some signal during Rem-phase, by which he might realize he is dreaming. Until now I have not seen any of those machines at the pedestal cupboard of the Dutch consumer. For those interested in it, I refer you to an article of Jack Reiss (2) in the magazine "Bewusst Sein". In this article you will find the basic principles of his device.**

**Patented and fully operational is the "Dream Machine" from the Englishman Keith Hearne (3). In 1978 he introduced his experimental version, which later changed in some compact model of the size of an amplifier. This device evoked in the U.K. and the rest of the world lots of publicity, but I am astonished, you will not find one word about it in the Dutch press. This book fills this omission.**

**(1) See: K. Hearne-The Dream Machine***
**(2) See: J. Reis-Entwicklung einer Biofeedback; Technik zur Induktion von Klarträumen***
**(3) See: S. Venus-Early results with Hearne's dream machine* & K. Hearne -The dreammachine***

By some electrode on the nose the dreammachine registers the dreamer's respiration. It is known that there are in the Rem-phase certain respiration patterns. When the dreamer arrives at this phase, the dreammachine provides weak electric impulses by means of an electrode connected with the arm. By this procedure the dreamer can realize he is dreaming. The apparatus is individually adjustable and got for example a "nightmare-modus" so that on signs of fear the dreamer is wakened. According to Hearne people who suffer from nightmares can be treated by this way. I am wondering if it would not be more sensible to explain the principles of the dialogue-method for confronting hostile dreamfigures instead of waking the dreamer by the device (See Chapter 5).
Accidentally they discovered that the dreammachine can play an important role for people suffering from severe asthma-attacks. This group has at night the most severe attacks. Because the dreammachine wakens the person in question before the crisis starts, he or she can ward off by using some inhaler. It will be obvious that the device, used by this way, can offer assurance to the person involved as well as his or her family. Many asthma-patients are deadly afraid going to sleep and the psychological burden is heavy.

Connected with a telephone or computer, the dreammachine signals the outer world, for example a partner or doctor. Several times breathing in and out, and the alarmsystem start functioning. An option that can provide people who suffer from catalepsy peace of mind. I guess more application will be discovered and in the future I foresee the electrodes on the body disappearing. Hearne outlines in his book the wondering of his device for communication between lucid dreamers. He wonders what would be possible on becoming lucid and signaling this awareness to somebody else, so that the other can become lucid too.

In contrast to other dreamresearchers who occupy themselves with "dreaminduction-devices" Hearne claims very favorable results. Seven out of ten persons who had never before of lucid dreaming, became lucid during their first night connected with the "Dreammachine".

I wish to add some critical remarks. As you can learn from this book, I develop the lucid dreaming power without the aid of machines. It provided me the feeling that I succeeded from own effort. I wonder what might be the psychological implications of somebody evoking lucid dreams by means of such dreamdevices. And....what are the long-term results? What opinion do dreamfigures about it? Also, it is not the art of lucid dreaming, but also for "living" effectively in that dreamworld.

**To be clear:**
**Lucid dreams can stimulate your psychological and physical health, but misuse provides you the opposite.**

**Tibetan yogis limited certain dreaminduction-techniques to insiders who entered the lucid dreamworld with a certain mental background. Danger lurks that people without that mental attitude and without ample background-information travel thru the dreamstate and that they are provided with emotional experiences that can be internalized inadequately and/or insufficiently. Traumatic experiences which influence waking-life could be the result.**

**Also the danger o addiction lurks, if the induction of dreams becomes easy with the aid of these devices. There are cases known of people who did not want to get out of their bed for days because they longed for lucid dreams. They did not even use dreaminduction-devices!**

**Prof.Tholey and others claim that lucid dreams contain some self-regulating capacity; refers it however to lucid dreams that are evoked by machines? So, I will advise you to take care. Nevertheless, for a complete outlook I included the existence of such dreamdevices in this book. By the way, until now I have not seen Hearne's Dream Machine in the Netherlands, so I request not addressing me with the question where it is available.**

**With the introduction of above-mentioned bio-feedback-device, dreamreserach has however entered a new phase. Anyway, the past ten years have been more fruitfully than all previous years together. Dreamresearchers got the opportunity to test introspectively certain dreamtheories with the aid of such devices. It is already established that dreamcontents are limited by a.o. neuron-physiological principles. It is beyond the scope of this book to discuss the matter extensively. For dreamresearchers it is an exciting time.**

## Tests - Am I dreaming or am I awake?

**I already mentioned the phenomenon of "false-awakening". Mr.Franz Maissan, who produced in 1985 a doctoral thesis* about lucid dreams, wrote the following:**

**"I awoke and saw it was 08.30. I was too late, and lift myself for going to the kitchen and... I awoke again. I watched my alarm-clock and noticed it was 08.36, so I concluded it was for really now. I got out of my bed again, but remembered me however that I had put the alarm-bell at 07.00, so it was**

**supposed to ring then. I awoke again, but the clock showed this time 04.00, and my awakening proved to be real this time."**

**To find out if you really awake, there are some tests that can help you to verify. With "false-awakening" there is a simple method. Turn on the light-switch. If no light appears, you probably are dreaming.**
**During a (lucid) dream you can test gravity, because in the lucid dreamstate it does not exist. Jump into the air. If you notice you can jump high into the air, you know you are dreaming. Another test concerns the turning of your body with 180 degrees. In a lucid dream you continue spinning. I must however add that dreampower can fool you, so these tests are not waterproof. I remember meeting some psychologist and suddenly I had the feeling I was dreaming. I was however not completely convinced. I jumped into the air, but noticed gravity. My host asked me what I was doing and I mumbled something silly for saving my "honor", and felt back in normal dreamimages, convinced as I was that I was not dreaming.**
**It will be obvious you are not jumping into the air, or start spinning whenever you think you are getting by doing it in some vulnerable position. In those cases, a mental test seems more appropriate.**
**Ask yourself what you did some minutes ago. Inconsequential affairs can pop up, by which you can realize you are dreaming. Another method is closing your eyes. If new images appear, you are dreaming. By the way, this is an excellent technique for changing dreamscenery into a desired one.**
**Some researchers claim that on rereading words you must be able to read the same. If this is not so, you are dreaming. My experience is that this test is very weak.**
**Dreamresearcher Charles McCreery* wrote that you can assume that you are dreaming if you are not sure for being dreaming or awake. Although this remark may be true in theoretical sense, it does not have practical value in the lucid dreamstate. In a lucid dream the same psychological mechanisms that protect us for doing dangerous affairs, exist as in waking-life. Practically nobody would jump in waking-life from some skyscraper with the intention to fly; an activity that is marvellous in dreams. In shortly, basisinstincts are transferred to the dreamstate. So you must verify the character of your awareness and state.**

## Prolongations of the Lucid DreamState

**I wrote about the technique for stopping your lucid dream, by means of focussing your gaze at one point. I guess most**

readers are more interested in techniques for prolonging their lucid dream. There are two methods, which don't work always:
The first technique is connected with quick moving of your dreambody. Personally I drop myself backwards whenever I feel getting out of the lucid dream. Any rapid movement of your dreambody is o.k..
The second one has to do with rapidly moving of your dreameyes. Personally I focus myself on one hand and let my gaze wonder to the other. It is possible you are taken to another dreamscenery by some wind. Unexperienced lucid dreamers are usually frightened by it.

## Meditation

Scott Sparrow*, an American psychotherapist who described his experiences with lucid dreaming, was the first one who wrote about the connection between meditation and lucid dreaming. He wrote that he could expect a lucid dream after deep meditation. Researches of Prof.Dr.J. Gackenbach* and others (1) confirmed the positive correlation between meditation and lucid dreams. Some researchers claim that lucid dreams concern a form of meditation. I must however remark that these scientists are Transcendental Meditation Practitioners and that their wish could be the father of their thoughts. However the topic goes beyond the topic of this book either. For lucid dreaming meditation is not a condition pure sang. If you exercise the mentioned induction techniques, you will eventually have lucid dreams.

## Warning for Smoking in Bed

From this chair I want to warn you for smoking in bed. Smoking is dangerous anyway, but doing it in bed when you are occupying yourself with dreaming is even more risky.
One night I awoke and wrote my dream down. Afterwards I lit a cigarette and turned off my flashlight. I felt myself slowly sinking away and extended my cigarette and put it in the ashtray that I placed on the floor beside my bed. Sometime later I awoke again and it proved that a great part of the above was dreamed. Instead of lying in the ashtray, the cigarette was placed besides my pillow and had burned a big hole in my duvet. It could have been more seriously. So, let my experience in above sense not become yours...

(1) See: H. Reed*; H. Hunt* en C. Alexander*

# *Chapter 5*
# *Practical Applications*

**Chapter 3 mentions the characteristic features of the lucid dream and I showed that not always these elements are fulfilled. Especially when you are starting your dreamwork you will notice it. Lucid dreaming is a learning process. Although the first lucid dreams differ from person to person, there are however some common elements. Generally, they don't last long and there is not much "structure" in the story-line. The images can be clear, but it often happens that you know that you are dreaming, however this consciousness is (somehow) "clouded".**

**Starting dreamers are often completely absorbed by the "realness" of the lucid dreamworld. In this world however, a delicate balance between "creating" and "participating" exists; The lost of lucidity often finds his grounds in too much emotional involvement. One aspect you must pay attention to, is the fact not focusing your gaze too long at one point, because on doing that you awake from your lucid dream preliminary. The dreamworld is a mental one in which thoughts and expectations determine for a great deal its content. By means of that mechanism, you got the opportunity to transform fantasies in dreamreality; a good talk with Albert Einstein or Marilyn Monroe, the exploring of far away solar systems, motorcrossing in Africa? The choice is yours.**

**You could create a dreamscenery by transforming the existing one before your very eyes. It is however possible closing your dreameyes and to concentrate on the desired surroundings. You could saying to yourself: "I step thru that door and behind it I will find my fantasy." I must add there is a great possibility/chance that elements are added to your fantasy that you did not "order".**

**After having experienced several lucid dreams, and having recognized the illusory character of the dreamworld, starting dreamers head often toward the looking of pleasure or acting out. By the way, this aspect is not exclusively to starting dreamers. I still like to use my lucid dreams for fun. Recently, after visiting the movie Batman, I entered that scenery for making, in my view, a better end to it. Let's review some lucid**

dreams in which fun was the leading element. The next dream is from the already mentioned Mr.Franz Maissan (1):

(1) See: F. Maissan - Lucide Dromen*

"I am a passenger in a bus and because some young women at the left of me are washing themselves in a tub, I realize that this must be a dream; instantly I become fully lucid. I let the bus moving on and examine the architecture of buildings outside; futuristic. I decide that the bus must at least drive on for one hour to the next station, because I don't wanna bypass anything from those washing girls. Not being able decisive about the next step I change the bus into some old-fashioned train and the scenery into a jungle. I judge the jungle as too close and I transform it into some dune landscape. Native Indians appear, and I wish to dissolve them, because I did not order them. To increase adventure, I decide they must attack. However, it gets too excited and I flee into the train and change the door, so that they can't get in. By a toilet and shower I arrive at the train's locomotive. I transform it into a super modern one and I let reappear the young woman whom I had completely forgotten. I change the scenery into some spaceland and the locomotive into a spaceship. With her I fly to some flowerplanet with the intention of making love to her. Somehow I enter to deep into the events and loose my lucidity. By an attack of some meat-eating plant I wake up.

Probably it would not surprise you that looking for sexual adventures is high-ranked. Sex in the dreamworld is a pleasant affair indeed. It does not however always work out as you planned. Evidence you will find in the next dream, quoted by Prof. Tholey (1):

In his lucid dream a man tries to put off his underpants with the intention of having sex with some young woman. Each time he thinks to be naked, he discovers other pants from another color...

A German student visited a homeland of marihuana (1) :

"When I arrive in a very large marihuana-field, I gathered some leaves for plants and make a fine joint. I notice gliding back in some "dizzy" awareness. The Jamaicans seem moving away from me and out of my picture.
I start getting interested in the plants that surround me. I inspect them thoroughly, because their colors with all kinds of nuances of green fascinate me deeply. I ramble some while through the field and discover details, which I examine thoroughly. Besides that all kinds of thoughts about the size of this field, and still I can remember the slightest details.

**Generally, my experience resembles my experiences in waking life with marihuana, but everything seems more intensive, catchier and "dreamy".**
**(1) See: P. Tholey & K. Utecht Schöpferische Träume***
**The next dream is an example of not letting spoil the pleasure (1) :**

**"It was my intention visiting a dream girlfriend. On that very moment however, my mother with an angry look in her eyes stands in my way. I simply asked her helping me finding a dream girlfriend. Now she became very angry. She said I had only interest in pleasure and called me by terrible names. Not being impressed at all, she changed herself into a witch and wanted to grab me with her hands like claws. I seized her at her hair and threw her into the bushes. There she changed herself into some predator that jumped on me very fast. I had expected an attack and hit that monster forcefully. It became smaller and smaller and eventually it crawled back into the bushes. A triumphantly feeling mastered me."**

**Patricia Garfield's dream (2) proves that flying provides lucid dreamers much pleasure. For a good understanding you must know that she stays in this lucid dream in her living room.**

**"...I take off with my feet against the floor, like at the bottom of a swimming pool and float into the air. It is a marvellous feeling. Higher and higher I go. I am a little afraid and very excited. I feel all kinesthetic bodily responses, as if it is really happening. Still I am floating upwards. I raise my hands above my head and start with my fingertips pushing against the ceiling. I clearly perceive the white ceiling and the fitting of the lamp. I repeat it several times. It is an amazing experience..."**

**In a lucid dream complex tasks are feasible. On watching television, the experienced lucid dreamer and scientist Alan Worsley (3) instructs this machine to perform certain images. His experiments resulted in projected dreamimages on some film screen like it was takes for some movie. You don't need much imagination how a director could "shoot" his movie in his lucid dream and by watching the results, can decide how the shots must be taken in real life. Nonsense? An American writer told me that he is providing by his dream girlfriend in his lucid dreams with complete plots for his scripts. He includes these remarks in his scenario and test by letting dreamfigures pronounce the scenes.So he can evaluate the fulfilment of his intentions. According to him, usually it is an improvement.**

**(1) See: P. Tholey & K. Utecht - Schöpferische Träume***

(2) See: P.Garfield-Creative Dreaming*
(3) See:Alan Worsley-Personal experiences in lucid dreaming. IN:J. Gackenback & S. LaBerge (eds.): Conscious Mind, Sleeping Brain*

I would advise you to keep initially your adventures simple. In above quoted dreams you saw how non-ordered elements were introduced at the dreamfantasy. Learning to deal with your dreams is now more important than complicated forms of dreamcontrol.

For example Mr.Franz Maissan created his scenery, became afraid and lost his lucidity, for the reason he became too involved in his own dreamimages. The dreamer longing for sex was not "satisfied" at all and the last dreamer met an aggressive mother instead of a pleasant young woman. Shortly, at first pleasure could be spoiled by the lost of lucidity or worse, pleasure turns into fear because you might arrive in some terrifying scenery. For above reasons you must learn to deal with dreamsituations and -figures. We shall consider them now. There are two scenario's: first the gathering with a friendly dreamperson and the meeting of some hostile one. I say "persons" but you can apply it to "situations" too, e.g., a threatening sea.

## Scenario for meeting a friendly dreamperson

1. Put the following questions/proposals, according to the course of the conversation:
   'Who are you?', 'What are you?', 'Who am I?', 'What do you want from me?', 'What does that mean?', 'Can you help me?', 'Can I help you?'
   Concrete personal questions are possible and often even necessary for getting insight in the dreamcharacter.
2. Stay as long as necessary in conversations until it is completely clear what the meaning of the dreamperson is for you. Some figures seem at first being not interested of even reluctantly to speak. Keep steady in your intentions.
3. Ask the dreamperson for help in the future.
4. Ask for a gift.
5. Make an appointment with the dreamperson for the next dream.

## Scenario for meeting a hostile dreamfigure

1. DON'T RUN AWAY. Keep steady and ask at a friendly manner these questions/proposals:
   'Who are you?', 'What are you?', 'Who am I?', 'Can't we agree with each other?'

2. If the latter one succeeds, let yourself help by continuing with the ‘Scenario for meeting a friendly dreamfigure’.

3. If an agreement is not possible, don't let yourself involve in using abusive language; start an open exchange.
4. Answer at justified claims, but bypass insults and threats.
5. If any agreement is out of the question, don't pay any attention anymore. If the person/situation starts threatening you, show by your body-position you are prepared to fight. Call already for help of your dreamfriends.
6. If there is a fight, you continue until the person/situation is weakened, fled or killed.

The next dream indicates how waking life can be influenced positively (1).
A 28-year old female student complained of recurrent night-mares. A few days after the lucid dream technique was explained to her, she had the following dream:

"She found herself in the house she had lived in as a child and was expecting a group of people, who intended to do something harmfully to her. She remembered that this situation often occured in her dreams, so she became lucid. Despite the fact that she was struck with fear and wanted to flee, she overcame this fear and courageously stood her ground. People in long robes approached. She looked at the first figure, a gigantic man with a cold, blue face and glowing eyes, and asked him, 'What are you doing here? What do you want from me?" The man looked at her sadly, his expression became helpless as he said, "Why? You called us. You need us for your anxiety." Then the man shrank to normal size. His face became normal and his eyes stopped glowing."

You will have noticed that this young woman did not interpret her dream. Nevertheless, the acting worked out effectively. According to Dr. Stephen Laberge it is not necessary for discovering the meaning of the images, for having positive effects.

The next dream, shortly after Elvis Presley's death, showed the dreamer, a 41-year old teacher who consumed alcohol and drugs, exactly the meaning of his dream (1):

While being in a lucid state, he met Elvis who seemed to be completely high and drunk. He asked Elvis: "Who are you?", whereupon Elvis answered: "I belong to you, and you will soon be with me." He offers the dreamer a bottle of whiskey, who refused. Elvis transforms into a monster, which approached him threateningly. The teacher defends himself by stabbing at the monster with a knife, but it has no effect.

(1) See: P. Tholey – Model for lucidity training.
IN: J. Gackenbach & S. LaBerge (eds.):
Conscious Mind, Sleeping Brain*

Laughing cynically, the monster said: 'Non one can conquer me! I will destroy anyone who comes near me!'
Thereupon, the dreamer fled to the protection of some dreamfriends, where the monster could do him no harm.

The teacher was so terrified about the personalized form of his drinking problem that he decided to enroll in a clinic for freeing him from alcohol.

From the litterature, I know there are drugaddicts who learn to dream lucidly with the aim of using the lucid dreamstate for taking their daily quantum of dope in it. On doing this, they try to limite the increase of using drugs in waking-life. There has not done very much research on this subject, but it is already known that being high, evoked by taking drugs in lucid dreams, is more intensive than taking the substance in waking-life (1). Personally, I don't really understand how a human being can become lucid after taking drugs. In the past, after taking hashish, I could hardly remember my normal dreams! By the way, now I know that taking drugs is in most cases an attempt to fill the emptiness - the hole - in yourself.

Prof.Tholey handed me a manuscript in which I could read what happened to him not applying the 'Scenario for meeting a hostile dreamfigure' (2).

"In a closed room I knocked down some dreamperson for the mere reason finding out if I would be punished. I was suddenly in the grip of the feeling that I would be confronted with something unpleasant, as had taken place on previous occasions. Tensed, but calmly I waited, but nothing happened. Triumphantly I wanted to leave the room. However, in front of the door there was a frightening person with a cap on his head, and immediately he moved toward me and he fulfilled me with terror."

I must add that in lucid dreams expectations play an important role. Prof.Tholey expected to be punished and it is for that reason not amazing that he induced a threatening figure. This effect happens often.

(1) See: M.Roos – Vergleichsstudie zwischen Klarträum-
erfahrungen und Erlebnisse unter dem Einfluβ
psycho-delischen Drogen*
(2) P. Tholey – Overview of the development of lucid dream

For example I had found out that it was possible fleeting thru walls. However, in one of my lucid dreams I started doubting and immediately my attempt did not succeed!
Whenever you read experiments of other lucid dreamers, you must bear in mind that you are indoctrinated at some level. So, what works out fine with somebody else, is not necessarily applying to you and the way around of course.

With the “Scenario's” in the back of our mind, I wish to return to the pleasure dreams that I described at the onset of this chapter.
Regarding Mr.Maissan's dream, we notice a sexual undertone. At the end of his dream he was attacked by some meat-eating plant. Unfortunately he had lost his lucidity, 'cause otherwise he might have been able by asking questions finding out the meaning of his dreamsymbol. On doing this, his dream might have been changed into a dream of knowledge.
The dreamer with his search for sexual entertainment, had the chance of interviewing his underpants.
The dreamer with an aggressive mother-figure seemed to have acted effectively. True, he did not ask questions, but it seems within that frame out of the question. After he had awakened from his dream, he identified the mother-witch-predatator as a symbol of his sexuality and he developed a more harmonious attitude toward this subject.
So, there is a possibility you won't always gain directly insight during dreaming, but that the significance of some dream-symbol struck you later in waking life.

If you are moving at the path of reconciliation with dreamfigures, you will notice the gradually changing of your (lucid) dreams.
Dreamfriends will appear spontaneously. Concerning this, lucid dreaming seems like computer-games. You must solve the first stage before entering into the next platform. Although this comparison is not completely , because with a computer-game, you can cheat. With your dreams however it won't work.

Anyone has one or more Helpers. It is possible to keep in touch with them by suggesting yourself before sleeping that you will meet him/her. If you are succeeding, don't forget to make an appointment for a next time.
Helpers can provide you with valuable information. In many cases on the Helper's spot there is much light. This Helper seems to correlate with the dreamer's spiritual conviction; so,

the person might be a priest, monk, guru, Death or some psychotherapist.

Jack Reis* gives us in his doctoral thesis some example:

"I dreamed I had to break my way thru some grey, slimy mass. I did not know what it was. Any way it was not a pleasant experience. Somehow I managed to get along. Suddenly I saw at the middle of that slimy mass a person. I noticed it was Dr.Spock, the scientist from the Enterprise.
He told me: ' Don't worry, you are dreaming! ' I did not believe it and asked him what it was I was breaking thru. He answered that I was wandering thru my own brains (mind). Still I did not believe him, but he seems so much wiser than myself. He announced he was about jumping into the air and by remaining hanging there, I would see that we were part of a dream.
Only after performing that action I became convinced that I was in a dream. I told him that it did not occur to my mind that I was dreaming. He replied he knew that and that was the reason he was here. He claimed to know so much more than I do and that was fine.
He discussed some affairs with me and showed me things I did not want to believe instantly. I think it is fantastic meeting somebody in a dream, knowing more than myself."

Usually it is you who become lucid and often you have to convince other persons that they are in a dream. With above dream it was the opposite.
Dreampersons are "real-like". They talk logically, got feelings, and show remarkable cognitive characteristics, like mathematic and drawing capabilities. The question raises in how far there are having an own consciousness. Within this frame the next fragment is nice (1).

The dreamer finds himself at some restaurant. When he wants to pay, the waiter adds angrily: 'Don't you see this is a non valid coin? ' I thought: ' Well, the dream succeeded again in putting an obstacle in my way. Because everything is derived from my own mind, I must make a blockade myself.'
During this reflection I notice the waiter smiling arrogantly and I tell him that I will leave without paying, because everything is just a dream. The waiter answers: I knew that all the time.'

I wish to emphasize that these dreampersons seem possessing an own consciousness, but that it does not independently exist from the dreamer's existence, like esoteric people believe. All

dream elements derive from the dreamer's mind and represent parts of his personality.

(1) See: P. Tholey-Consciousness and abilities of dream characters observed during lucid dreaming

You could notice that Frederik van Eeden did not benefit very much from his lucid dreams on behalf of the assumption that "demons" had their own objective existence.
It has already been established that dreamfigures regard the dreamscenery from their own perspective (1). They have access to domains of knowledge, of which the dreamer does not know anything and they can evoke the dreamer's memory. So, on doing this, they can remind you to events you have forgotten it ever happened. Dreamfigures can be creative, act and think independently.
Regarding the former, questions raised about ethical implications (2). A dreamer for example beat a dreamfigure. You could say that it could be having a deliberating effect. When the same dreamfigure appeared in another dream and the dreamer requested to come closer, this dreamcharacter reacted very shy. You could say that dreamfigures are 'learning' from previous encounters. Sometimes those dreampersons outmanoeuvre you by this learning process. There are reports that dreamers wanted to pin down their dreamfigures down with their gaze. The dreamfigure evaded that look by strenuous eye-movements, by putting on a hat or by switching off the light. If you had already pinned down such a dreamperson in a previous dream, chances are great he appears already with a hat on in your next dream!
Personally I can't mention such behavior. The events I wished my dreamfigure remaining at a particular spot, I "froze" him/her with a movement of my hand. Anyway, this technique, which I discovered spontaneously in my first lucid dream (see Chapter 2) is independent from evasive behavior of dreamfigures. From a practical view I advise you to take them serious and regard them as complete independent beings with a consciousness of their own.

In the previous chapter you could read about a dream-induction device, constructed by the German Jack Reis. They use this machine for letting dreamfigures signaling to the waking world, by which a direct communication became possible. I emphasize that it can be done as long as the dreamer is dreaming and dreamfigures 'exist'. Maybe it sounds a little like science-fiction, but it is not!

(1) See: P. Tholey-Consciousness and abilities of dream characters observed during lucid dreaming
(2) See: A. Worsley -Lucid dreaming: ethical issues and
J. Dane & E. Craig

Prof.Tholey's researchgroup did not finish yet the experiments and we have to wait for future publications about it. Anyway, it gives you an impression how exciting research can be.

## Taking Possession of a Dreambody

A technique which makes it possible experiencing the intentions, feelings and thoughts of dreamfigures, derives from Prof.Tholey's research of the consciousness of dreamcharacters.
This method is not very suitable for starting lucid dreamers, because it demands experience in dreaming. The results however are more effectively than the described 'Scenario', which is mainly based upon talks. The developed method consists of leaving your dreambody and entering another one.
Let's look at the next example in which a young woman had fallen in love and now was asking herself before going to sleep why the boy was at such a distance to her (1):

**‘ Immediately I knew I was dreaming. I asked myself why he did not react to my feelings and wanted in my dream having an answer. I became aware of my mind, which is to say that part of me that I consider as 'me'. It disconnected from my dreambody and floated to his body. In this formless condition I was capable of using all my senses to orient myself, which is to say seeing, hearing, feeling etc. After I had left my body, I notice it still standing, while it was making ridiculous movements talked. You would not say that 'I' was not any longer in it. I drifted to the boy and entered his body. On doing this, I had the impression taking over all his bodily and motorskills....I saw thru his eyes and saw my body standing engaged in some activity. I also was aware of his mind, his consciousness. I saw him thinking without exactly remembering how this mechanism worked. I saw how he perceived me, what kind of effect I had on him and the feelings he had for me. On noticing his thoughts and seeing myself thru his eyes, I understood why he was so reserved against me and I realized he would never living up my feelings. I awoke.'**

At first the young woman was disappointed about the fact that 'it would not work out between them'. Later however she was glad that she now knew how the cards were placed.

(1) See: P. Tholey-Consciousness and abilities of dream characters observed during lucid dreaming*

She dropped her exaggerated expectations and the boy felt this and the tension between them disappeared and their friendship deepened.

Whenever you wish to enter a dreambody, it is effective looking directly to the dreamcharacter. You are transported by the line of your gaze to the dreamperson. It is possible having your consciousness at various dreampersons at the same time.

The German psychotherapist Mr.Norbert Sattler, who uses this technique as part of his treatment, discovered that on cutting off a part of the dreambody consciousness is also transferred. You notice, that the description of the lucid dream as 'being consciousness in your dream' is not completely covering it. Researches are however in the primal stage. Who knows what exciting things we will discover in the future.

## Resistance

(Lucid) dreaming means that you are stimulated to change your behavior in waking life. Humans are however inclined to stick to his/her often rusted thoughts and habits. For that reason you must take into account that you will meet resistance as well in waking life as well as in your dreams. E.g., lucidity decreases; you start minimizing the importance of your dreams or that you are using drugs again. In fact, everything is possible for evading the consequences of the inner journey. In your dreams this resistance might appear in personalized forms. I call them the 'Threateners'. In esoteric literature you'll often find descriptions of these 'Guardians'. For example, Carlos Castaneda's books stories bloodstunning ones.

In one of my lucid dream I met a frightening figure. He guarded a room I wanted to enter.
He yelled at me that until now nobody had succeeded in passing him alive and in the case that I would, which he doubted very much, I would linger forever at some inferno. I let intimidating myself and left.

Immediately I could forget my lucid dreams and worse, at waking up I could not even remember my ordinary dreams!

After some time I did my dialogue-method with a tape (See Chapter 1).
That same night I experienced a lucid dream and found the same figure on my way. This time I did not let scaring me off and entered the room.
This room turned out to be a true dream of Knowledge. After it, it was as if I had entered another level. Regarding the resistance, it can be useful to contact an experienced lucid dreamer, who can help you as a teacher. Unfortunately, experienced lucid dreamers are few. An alternative might be in joining some dreamgroup.

## Creativity

The option to tap your dreams for creative aspects is described in many books on dreams.
Charles Dickens, Charlotte Brontë en R.L. Stevenson, on mentioning some, said that their dreams supplied them with the plot of their stories. Repeatedly you can read about the claims that in dreams Tartini heard his 'devil-sonata' and Kekulé discovered the formula for benzol. Dr. J.H. Wortiz suggested in The New York Times of August 1988 that Kekulé made up his dream for avoiding being forced to share his discovery with foreign researchers.

I remember hearing in my dream some mars, which was attributed to a composition of Lenin. I am not a musician, so in waking life I have not worked it out in staves.
Patricia Garfield (1) describes how she was by her publisher stimulated for finding a catchy title for her latest book. In her dreams, a woman says that 'Your Child's Dreams' is suitable. After awakening it did not entirely fulfill Garfield's expectations. The publisher becomes restless and proposes 'Children's Dreams'. Then Garfield makes a list with could-be titles and reads it to her publisher. At 'Your Child's Dreams' he yells: ' This one is perfect. Every title with 'Your' in it sells well.' So, you may guess what title was chosen.

Dr. Stephen LaBerge stories (2) how he sometimes projects in his lucid dreams an empty painting. Then he asks his creativity to fill it up with images.
Artist F. Bogzaran* described how she was supplied in her lucid dreams with basis elements for her paintings. By the next dream, there was a profound change in her style of working (1):

**'I stand by the door in a gallery, staring at a painting on the wall. It is my painting....As I step forward to look at the detail of my work, I become aware that I am dreaming..... The**

painting, approximately six by seven feet in size, displays an image of a wall destroyed in the middle but with the four

(1) See: J. Gackenbach & J. Bosveld -Control your dreams
(2) See: P. Garfield-Creative Lucid Dreams. IN: J. Gackenbach & S. LaBerge (eds.): Conscious Mind, Sleeping Brain

corners still intact.An imprint of a triangle and circle are inside it. Inside the circle, a figure of a nude man and woman stand.'

Probably you will have noticed that Bogzaran perceived the painting before becoming lucid.
Another artist, S.E. Brewer, had been commissioned to design a stained glass windows (1).

Some days later she is lying in bed and gets some idea about the design. She goes out of her bed and makes some sketches. However, with some specific detail she struggles. She suggests herself finding a solution in her dreams and it happens.
After awakening she resketched the design she had dreamed about. and when it was completely finished she presented it to her client, who was nearly speechless, saying only, ' I usually don't like anything the first time, but this is perfect.'

## Problem Solving

Garfield (2) stories how she was hired by some advertisement agency to help executives in 'dreaming up' a new product name. According to her it was very successfully. I think that the lucid dream offers possibilities to lots of enterprises.

I reconsidered buying a computer for standing against the work, which was the result of my increasing contacts in the lucid dreaming field. In a lucid dream I called for my business counselor and presented him my problem. According to him, computerizing was a solution. At my question what kind of machine I had to buy, also considering the financial aspects, he disdainfully looked at me. Without speaking a word, he entered some amusement-hall. I followed him. I saw a Commodore 64 and I noticed how you could do text and database on it.

The next day I informed in waking life here and there, because my knowledge of computers was absolutely zero. It seemed that the Commodore 64 was mainly famous for his game-capacities, but eventually it turned out that business-applications were designed for this machine. Many computer users however were in those days infected by the 'new, newer, newest'-virus slogans and had bought a 'real' (DOS)

computer, and one of them sold me his old Commodore 64 for practically nothing.

(1) See: J. Gackenbach & J. Bosveld -Control your dreams
(2) See: P. Garfield-Creative Lucid Dreams. IN: J. Gackenbach & S. LaBerge (eds.): Conscious Mind, Sleeping Brain

I worked with pleasure on it and the manuscript of this book has been written on it.

Sometime after I had started working with my machine, I experienced problems with saving data. Whatever I tried, complete pages on which I had worked, disappeared as snow for the sun. In an (ordinary) dream the young man who had sold me the device appeared and informed me that I had to close files before I could save them. I reread the manual and indeed, on working in "direct mode" you had to close first your files. The problem was solved.

American Bob Rosengren, who had problems with some electronic circuit, stories something too (1).

'I was working on a very tight timeline before the exhibit opened last December 26, and ran into a problem with a circuit design. I could not solve it, and time was running out. About a week before the opening day, I had a lucid dream in which I was in my small town, in a waterfront restaurant with my dream associates. I told them my predicament, as they saw I was upset. They told me to just "slow things down" , and made some references to certain things not being ready at the same time other things were. None of that made much sense to me, but the words kept popping in my head that morning at work. On a hunch, I decided to search through the data books on a couple of the integrated circuits I was working on, and suddenly realized that in my design I had neglected to allow for a twenty-two nanosecond "setup time". After including a small delay, my circuit design worked perfectly.'

I don't know what a nanosecond 'setup time' is, but the more technical persons of you will probably understand the purpose of such a device.

Paul Tholey (2) writes about a man who has an important agreement with some government institution. The person in question has until now not displayed very much perseverance, by which his life was not very successfully. The man shrinks for his task. In a lucid dream he arrives in some

government building. A woman gives him a paper on which is written: ' act bold as brass'.

(1) See: J. Gackenbach & J. Bosveld -Control your dreams*
(2) See: P. Tholey & K. Utecht-Schöpferische Träume*

The man did not follow this advice literally, but full of self-confidence he went to the meeting and it turned out to be positive.

I could completely fill this book with similar reports. A skeptic could say that all those reports are fake. Indeed, direct control is not possible. But why would thousands of people, disconnected in time and place by each other, make it all up...? I can appreciate however a critical attitude and consider it even desirable.
Further scientific research must show which value the lucid dream has for problem solving.

## Bodily Healing

Doctors use the placebo-principle with their patients and hypnosis is based upon the same effect. Experiments of a.o. Dr. Stephen LaBerge indicate the physiological reaction on dream images.
Questions are raised in how far in lucid dreaming by a mental regroupment can evoke bodily healing. That question is an important one, because it has become obvious that the same process proves to be effective with psychological healing processes.
I remember hearing sometime ago on the radio the story of a young man who was hospitalized for suffering of aids:

'I dream repeatedly that I am lying on the ward. My fellow-patients have been disappearing. Then the beds return, but they are all completely empty.'

I could not get rid of the impression that the boy already had abandoned his struggle for life and had to think of articles of Mr.Brylowski*. This scientist investigated the influence of lucid dreaming on the immunocompetence. 'What would have happened if this boy had been dreaming lucidly and had changed his negative images in positive ones? '
I wondered. Still I ask myself if the process of his illness oould not have been delayed.
I wish however not to evoke false expectations. True, I got rid of my headaches by positive mental images (See Chapter 1 & 2), but it did not work very well with my thyroid-disease.

Prof. Jayne Gackenbach (1) and Dr. Stephen LaBerge (2) are truly convinced of the beneficial operation of lucid dreams. Personally I believe that images can evoke powers that have the potential of working (supporting) with healing processes. Under hypnosis (3) people can control several bodily. functions, like e.g., stopping of bleeding, the suppressing of allergic reactions. True only a small percentage glide into a deep trance state.
With lucid dreams you are continually in some mental world. However, I don't want to present the lucid dream as a panacea and emphasize that many medical experiments will be needed to establish the exact influence of the lucid dream regarding the bodily healing process.
Anyway, there is no need for waiting, because trying don't harm you. Regularly I regard my dreambody in front of a mirror or leave it. Then I imagine that my body is complete healthily.

The next two reports give an impression how other lucid dreamers tried to cure themselves. The first dream is from lucid dreamer Mr. Carl Paoli (1):

'About a year ago, I sprained my ankle....It was very swollen and it was very difficult to walk. In a dream I remember running for what reason I don't remember, and suddenly I realized I couldn't possibly be running with this ankle so I must be dreaming. At this point I began to come out of my dream, the pain of my ankle started to fade in, but then I reached for my ankle with my dream hands which caused me to tumble in my dream. As I held my ankle I felt a vibration similar to electricity. Amazed, I decided to throw lightning bolts around in my dream. That's all I remember of my dream, but I awoke with next to no pain in my swollen ankle and was able to walk on it with considerable ease.'

The next dream (1) of some young woman from Texas, who had a pulled muscle in her chest, reminds to the rituals in dream temples from Antiquity (4):

'I was reading a book one night before going to sleep about an Indian medicine man who has performed a healing ritual.

(1) See: J. Gackenbach & J. Bosveld - Control your dreams*

(2) See : S.LaBerge-Lucid dreaming*
(3) See:R.Udolf-Handbook of hypnosis for professionals.
Van Nostrand Reinhold Company Inc/New York;1981
(4) See:C.A.Meier-Antike Inkubation und moderne
Psychotherapie

I turned out the light and began fantasizing about going to Nevada and meeting the medicine man.
This moved into a dream where I saw myself walking into a small desert town and down a road to the medicine man's house. I don't remember much else except the medicine man kept repeating over and over, "Believe in me and you will be healed." I remember thinking that I was dreaming and that it was silly to believe that a medicine man could come to me in a dream, but I decided to go with the flow and relaxed as he kept repeating the sentence. I woke about an hour and a half after I had turned the lights out and sat up in bed. I moved my arms and body around. The pain was gone.'

If above sounds too fantastic in your ears, bear in mind that many psycho therapeutical programmes work with images, like e.g., the treatment of a phobia. Such a therapy exists of introducing in an imaginary condition step for step the fear-provoking situation. With lucid dreams the same process is possible, because the dreamer knows he is dreaming and for that reason there is no need for fear.
I read somewhere (forgive me, I forget where and I can't find the source) that a woman with exaggerated fear for insects transported in a lucid dream herself into the body of such an animal. Just like the young woman that entered the body of her love, this woman experienced everything from the insect's perspective. On doing this, she experienced it as a non-menacing situation, and this feeling transferred to waking life, by which her fear completely disappeared. I stimulate therapists to examine this option.

Dr. Celia Green of the Oxford Institute of Psychophysical Research announced being busy with research on the healing function of the lucid dream. A publication on the subject will appear in the future.

Mr.Maissan (1) gave some meanings of lucid dreaming:

## The Meaning of Lucid Dreaming

1. Assimilation of fear.
   The lucid dreamer knows that everything in his dream is at a mental level, and by this knowledge he can control his fear.

2. Gratification of impulses.
   The lucid dream offers the possibility to fulfill every wish or impulse, because the dreamer is more or less capable of controlling the dream's content.

(1) See: F. Maissan-Lucide Dromen*

3. Catharsis.
   Unaccepted impulses can be performed in the dream with the justification that it is 'only a dream'.
4. Synthesis.
   Lucidity can increase the psycho-synthetic functions by acceptation and integration of formerly rejected aspects of the dreamer's personality.
5. Mastership.
   The self-confidence that lucidity can produce is in a positive manner influenced because the lucid dreamer gets the feeling being able to influence his life and not being a mere plaything of life.
6. Repetition.
   Lucid dreams offer the possibility to repeat certain conditions/situations and so examining alternatives in the quasi-reality of the dream by which a motivated choice becomes available.
7. Educational.
   Dreams are part of cultural values. By directing dreams, we stimulate creative processes by e.g. asking for a solution for a problem, or for a poem or dance and on doing this, delivering a contribution to the educational process of the individual and community.

## Simulator

It seems that the use of the lucid dream as some simulator offers great potentials. My mind wanders to the preparation of an interview, testing a role in film or play, the improvement of active control of a foreign language etc. etc.

Prof. Dr. Paul Tholey already researched the influence of sport practicing in lucid dreams. The results are amazing.
Because you can in a lucid dream evoke some quasi-reality, you got the opportunity to train yourself and to test alternate movements without fear for injuries, losing face, time- and money waste. The in the lucid dream developed attitude transfers to waking life.
Mr. Tholey reports about the experience of some fighter. This man had switched from karate to aikido (1):

'This night I had fallen during a dream hard on the floor instead of rolling further in such a situation. During waking life, I had imprinted asking myself the critical question during

**such a condition. Immediately it became obvious! Without much thinking I knew what to do.**

**(1) See: P. Tholey & K. Utecht-Schöpferische Träume (Edition 1989)**

**I went instantly to the school where I started with some dreampartner to practice defending myself at some attack of sticks.**
**Repeatedly I practiced relaxed and without forcing anything this special technique. Every time it went better and better.**
**The next evening I went to bed full of expectations.**
**I also reached this time the stadium of lucidity and continued my exercise. The whole week I could repeat this process.**

**At Wednesday I went to my real training session. Although I was tensed and excited my teacher was surprised by my high level of defence demonstration. The tempo of the attacks was increased, but I did not make serious mistakes anymore.**
**From that moment I learned fast and after one year I succeeded in getting my trainer license.'**

**There are similar reports from football players and skiers. Prof. Tholey, now a man in his fifties, started some years ago with practicing skateboarding. He also did it in his lucid dreams. Sometime ago, he belonged at the European championship to the top!**
**Being a Shaolin Kenpo practitioner myself, I can endorse the statement of the positive effects of dreamtrainings.**

**In a personal communication Paul Tholey informed me that he is approached by topsporters for teaching them the lucid dream principles.**
**I wish to emphasize you are not learning some sport by practicing it only in your lucid dreams. In waking life you must have learned basis movements. However, the lucid dream offers the opportunity to maximize techniques.**

## Manual for Sport Practicing in Lucid Dreams

1. **Practice first the movements you already control for the greater part. Keep doing this until you reach a state of perfection.**
2. **Switch now to techniques that are new or trouble you. Think of the lucid dream of our aikido-man. Continue until you perform the movements perfectly.**
3. **Create now the playfield/conditions in which you have to deliver your skills, e.g., track, ring, football field, dojo and start practicing within this scenery.**

4. Test movements that are not possible in waking life on behalf of risks or financial costs for yourself or others.
5. Drop control sometimes and 'accident' yourself. Experience how it is to crash off the road with your racing-car or to accept a heavy mawashi-geri. On doing this, you learn to respond to rapidly changing situations.
6. Test aspects that are impossible in waking life. For example let one dreambody do the exercises and another observing it. With it you got a direct feedback. In waking life you meet frontiers. In lucid dreams such limits hardly exist. So, strain yourself to your utmost limits and you will see that it will influence your waking life positively.
7. Split movements into its parts and practice every aspect. You got the possibility of doing it in slow-motion, accelerated or repeated.
8. Try to become completely fluid with your movements, so that there is no distinction any more between you and the movement.
9. Try to crawl into the 'skin' of your car, football. Experience how it is being such an object. Listen to the voices of these experiences.

## Spirituality

**'I was climbing a mountain, and it went heavier and heavier. My legs were like lead, a trusted feeling, which I sometimes experience in my dreams. A strong slackness spread throughout my weakening body.**
**My feelings of fatigue increased mercilessly until I was only able to crawl. Eventually it became too much. I was overwhelmed by the certain feeling that I was on the very edge of dying. At this realization of my death with remarkable clarity I focused my attention to what I wanted to express with a last deed: complete acceptance.**
**While I was happily embracing death, I breathed for the last time, but to my astonishment and joy a rainbow meandered from my heart and I awoke.'**

**This dream of Dr. Stephen LaBerge (1) impressed him very much and he writes that until now it has influenced his believe what will happen with us when we die.**

**Every experienced lucid dreamer mentions inevitably mystic experiences and meeting the Light (2).**

**(1) See: S. LaBerge- Lucid Dreaming***

**(2) Patricia Garfield's 'Pathway to Ecstasy'* and 'The sun and the shadow' by Mr.Kenneth Kelzer* provide excellent impressions of the lucid dream as a spiritual path.**

**American Mr. George Gillespie describes his experience (1):**

**'I dreamed that I was in front of my childhood home. I wanted to show some people a high jump. When I jumped high in front of the house, I realized I was dreaming. I was far above the people. I descended.**
**It became a fall. I remembered that I can fall in a dream without fear. I fell, not expecting to land on the ground. I just stopped below.**
**Then I was flying again. I remembered to close my eyes and eliminate the visual environment. I did not remember to do any more. I remained floating with body awareness. I saw a bright light to my left. I remembered that a bright light does not mean that I am waking up.**
**I was surrounded then by light. I seemed to float in the light and began to contemplate prayerfully what I was doing and might see. I called "Father" spontaneously, meaning God. I remained sometime in this attitude and then woke up.'**

**You probably remember that Marquis d'Hervey-Saint-Denys was impressed too from mystical experiences in his dreams. Concerning reports about unification with the Light, there are surprisingly many parallels with Readings from the East (2).**

**Some researchers, like e.g., Dr. Jayne Gackenbach, claim the lucid dream being only a step to an expanding consciousness of mankind. Me too got the realization of being only a small part of something big. How it operates? I can't explain. Maybe it is not important after all. I emphasize that the lucid dream vehicle is not some escape-route from reality, but that it is an excellent path becoming more 'awake' in this life. Much too often I met folks who claimed to possess Knowledge, while their daily lives showed only narrow-mindedness en/or egoism. With above I don't want to say that the lucid dream could not be an excellent spiritual path. It is not a topic for an introductory manual.**

**By the way, at first starting dreamers got enough work with inducing lucidity and increasing clarity. Because whenever you know that you are dreaming, but being not fully aware of recollections to waking life, it will be very hard to fulfill in your lucid dreams your intentions.**

(1) Gillespie.G.-Without a Guru; an account of my lucid dreaming. IN: J.Gackenbach &S. LaBerge: Conscious Mind, Sleeping Brain*
(2) See: G.C. Chang*, W.Y. Evans-Wentz*, Narayama*

Our society is extremely focussed on quick results, and you are a product of it. So, danger lurks you become disappointed if lucid dreams don't arrive within a short time frame. But you don't learn a foreign language overnight too, isn't it?

Summarized, initially the amount of lucid dreams will not be overwhelming. The clarity of your lucid dream images will be not optimal and you will be confronted with resistance.
Within the luid dreamstate there are several levels.
Don't expect entering the spiritual path before you have solved your daily problems.
I hope it will be very clear you have to put energy and time in your dreamwork. However, if you persist, the flower will unfold.

Research on lucid dreaming is still in his primal stage. Everyone who starts with lucid dreaming can be considered as a pioneer.
A book can't of course replace own experiences. I hope I have presented enough information for starting your own journey. I wish you all the wisdom you can get.

# Chapter 6
# Adresses, Magazines and Literature

## Organisations/Individuals

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## *Magazines*

**ASD 'Newsletter'**
**P.O. Box 1600**
**Vienna, VA 22180**
**U.S.A.**

**'Bewusst Sein'**
**Dr. W. Giott**
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**D-6000 Frankfurt a/M**
**Germany**

**'Dream Network Bulletin'**
**1083 Harvest Meadow Court**
**San Jose, CA 95136**
**U.S.A.**

**Journal of Lucid Dream Research**
**Hearne Research Organization**
**P.O. Box 180**
**Hull**
**North Humberside HU1 2EW**
**U.K.**

**Lucidity & Beyond**
**P.O. Box 746**
**Maywood, NJ 07607**
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**Lucidity Institute 'Newsletter'**
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